
FAVORITE RECIPES of
NEW ENGLAND
MEATS
EDITION
INCLUDING POULTRY AND SEAFOOD
CONTAINS 600 RECIPES FROM WOMEN'S
CLUB LEADERS IN NEW ENGLAND

Seafood and fish have long been popular and plentiful in the New England states. The most popular fish used are haddock, halibut, swordfish, cod and flounder. Shellfish is also used a great deal. Lobster is considered a great delicacy. Clams and oysters are prepared in many delightful dishes. Fish and clam chowders are found on most New England tables on Fridays. New England clam chowder is always made with milk as a base.

"New England Boiled Dinner", using corned beef, is a traditional meal, however many cooks prefer the thick end of brisket for this dish. The custom is to feature this meal on Thursdays.

Poultry is one of the chief sources of farm income and chicken and turkey are found on New England tables year round.

New England women are truly good cooks. The recipes in this collection are family favorites and reflect regional cooking at its finest. A wide variety of recipes for meat, poultry, fish and seafood will be found.

We hope that you will enjoy the "Meats" edition of FAVORITE RECIPES OF NEW ENGLAND and will share it with others.

Mary Anne Rogers
Staff Home Economist

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FAVORITE RECIPES* of NEW ENGLAND

MEATS EDITION

Connecticut • Rhode Island • New Hampshire • Maine • Massachusetts • Vermont

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ACKNOWLEDGMENTS

We wish to thank the many club women who submitted their favorite recipes for inclusion in this book.

We wish also to express our appreciation for the use of photographs supplied us by the following: Front Cover-Mellhenny Co. (Tabasco) (recipes on pages 72 and 74). Inside Back Cover-Armour and Co. (recipe on page 37).

Title page photographs were supplied by the following: Mellhenny Co. (Tabasco); The Borden Co., Best Foods Division, Corn Products Co.; Hunt Foods and Industries; United Fresh Fruit and Vegetable Assn; Spanish Green Olive Commission; and Florida Citrus Commission.

The round purple stamp found on beef is there for the consumer's protection. It is the symbol of Federal meat inspection and refers to the wholesomeness of the meat. The coloring used in the stamp is a harmless vegetable dye. Although the Federal stamp has nothing to do with the quality of meat, it does show that the meat was from a healthy animal, was processed under sanitary conditions, was suitable to eat when it left the plant and that the labels put on by the packing plant bear no misleading titles or information.



The Federal inspection stamp will not be found on each individual cut of meat as it is stamped only once on each wholesale cut.

BUYING QUALITY BEEF

The universal quality guide is the purple shield-shaped grade label stamped repeatedly the full length of the carcass. This stamp can be used only by officials of the Department of Agriculture.





Federal grades refer to the proportion of meat to bone, amount of fat and quality — tenderness, juiciness, flavor and marbling of fat throughout the lean. The grade of meat has nothing to do with the nutritive value or wholesomeness, as the lowest grades are just as nutritious and wholesome as the highest grades.

There are eight Federal grades for beef, although only two grades are usually sold in grocery stores. The highest grade, Prime, is sold chiefly to the restaurant trade. Federal grades that are usually found in grocery stores are USDA Choice and Good. Meat that is stamped USDA Choice is of high quality, tender, with a good fat covering and has generous marbling of fat throughout the meat. USDA Good is a relatively tender meat with a higher proportion of lean to fat.

USDA Standard and Commercial quality beef are seldom labeled with the USDA label, but much of this quality meat is available in stores. This quality beef is just below the standard for USDA Good, but is delicious when properly cooked. Older beef that meets the USDA standards for Utility, Cutter and Canner grades is used for making ground meat and table-ready sausages such as bologna and frankfurters.

COOKING BEEF

Meats that are naturally tender may be cooked by dry heat — broiling, panbroiling or roasting in an open pan. Tender meats may also be pan-fried. Cuts that require tenderizing must be cooked by a moist heat method — braising or stewing.

PORK

Pork is federally inspected in the same way that beef is inspected. Government grades have not been established for pork as they have for beef, lamb and veal because pork does not vary in tenderness and flavor as much as other red meats.

The way pork looks can tell a lot about the cut of the meat. High quality pork has a delicate rose or grayish-pink color in the lean; smooth fine grain and velvety lean flesh; firm, closely trimmed outside fat; thin streaks of fat marbled in the lean; and pink bone centers.

STYLES AND CUTS OF HAMS

Whole (bone in)	Whole hams with shank removed and fat and skin closely trimmed.
Boneless ham	May be purchased as a roll or canned. Boneless cooked roll has no waste. Canned ham has no bone and little fat and cooking loss, but each can contains a cup or more of gelatin and juices.
Half hams	Should provide the same number of servings as whole hams because no center cuts are to be removed if hams are sawed in "halves." Because of consumer preference, the "butt half" usually costs more per pound than the "shank half."
Center slices	Slices taken from the center of the ham after ends are removed.
Ham portions	"Shank portions" and "butt portions" are not halves of hams, but the ends left after the center portions have been removed.

COOKING PORK

Pork is cooked for two reasons — to develop the flavor and kill any trichina organisms present. Trichinosis organisms are killed at an internal temperature of 137 degrees and cooking to the well done stage exceeds this temperature by several degrees. When all of the "pink" has turned to a gray color, pork is cooked enough for safety, though further cooking is needed to develop flavor.

Since pork is naturally tender, large cuts may be cooked by dry heat — roasting in an open pan. Cured ham slices and bacon may be broiled but chops and steaks should be braised.

COST PER SERVING

The cost-per-pound is not a true guide to the best buy in meat because some cuts have more bone and fat less than others. So the best way to compare cost of meats is on the cost-per-serving basis. A serving is three to four ounces of cooked boneless meat.

GUIDE FOR COST PER SERVING

CUT OF MEAT	SERVINGS PER LB	PRICE PER POUND									
BEEF		.29	.39	.49	.59	.69	.79	.89	.99	1.09	1.19
T-bone, rib, porterhouse steaks	2					.35	.40	.45	.50	.55	.60
Sirloin steak	2½					.29	.32	.36	.40	.44	
Sirloin tip	3					.23	.27	.30	.33	.36	.40
Standing rib roast	2				.30	.35	.40	.45	.50		
Boneless rump roast	3				.20	.23	.26	.30	.33		
Round steak	3½				.17	.20	.22	.25	.28		
Boneless beef stew	4				.15	.17	.20	.22			
Chuck roast	2		.20	.25	.30	.35	.40				
Ground beef	4		.10	.12	.15	.17					
Short ribs	2		.20	.25	.30	.35					
Brisket	1½		.26	.33	.37	.46					
Liver	5		.08	.10	.12	.14	.16	.18			
Heart	4		.10	.12	.15	.17					
Tongue	4		.10	.12	.15	.17					
PORK											
Chops	4				.15	.17	.20	.22	.25		
Spareribs	1½		.30	.36	.45	.52					
Loin roast	2½			.20	.24	.28					
Shoulder roast	3	.10	.13	.16	.20	.23					
Boneless Boston butt	4		.10	.12	.15	.17					
Shoulder steak	3		.13	.16	.20	.23					
Ham											
Cured — whole	3		.13	.16	.20	.23	.26				
Cured — portions	2½	.12	.16	.20	.24						
Cured — center slice	4			.12	.15	.17	.20				
Cooked — whole	4			.12	.15	.17	.20				
Cooked — portions	3		.13	.16	.20	.23					
Cooked — boneless or canned	5				.12	.14	.16	.18	.20		
Sausage	4	.07	.10	.12	.15						
Bacon — 2 slices per person	8					.09	.10	.11	.12		

LAMB

Nutritionally, all lamb is an excellent source of high quality body-building protein and is rich in minerals and vitamins.

Lamb is easy to cook, but there are three important rules to follow: (1) cook according to the cut; (2) always use low temperature; (3) avoid overcooking.

Practically all lamb cuts are tender, so they may be cooked by dry heat. Leg, shoulder, rib and loin are usually roasted. Chops from these cuts are broiled, pan-broiled or fried. Shanks, breasts, riblets, stew meat and neck slices should be cooked by moist heat by either braising or simmering. Always serve lamb piping hot or cold — never lukewarm.



STORING FRESH MEAT

Place meat at once in the meat compartment or in a very cold area of the refrigerator after purchase. Fresh meat wrapped in market paper should be rewrapped loosely in foil or waxed paper so air can circulate. Loose the wrapping on prepackaged meat before refrigerating.

Steaks, chops and small roasts can be held under good refrigeration for 2 or 3 days, larger roasts slightly longer. Ground or cubed meat and variety meats should be used within 24 hours after purchase.

FISH

Fish are rich in nutritive value since they are excellent sources of proteins and contain essential minerals, vitamins and fats.

In buying fish in the round, the following points should be observed to insure freshness.

Eyes	Bright, clear, full and bulging
Gills	Reddish pink, free from slime or odor
Scales	Adhering tightly to the skin, bright colored with characteristic sheen
Flesh	Firm and elastic, springing back when pressed and not separating from the bones
Odor	Fresh, free from objectionable odors

Fish will spoil easily if not handled carefully. When fish is brought from the market, it should be wrapped in moisture-proof paper or placed in a tightly covered dish and stored immediately in the refrigerator. If properly stored, the odor of fish will not penetrate other foods. If fish cannot be thoroughly refrigerated, it should be cooked at once and reheated for serving if necessary.



COOKING FISH

The amount of variation in fat content is important to the way fish is cooked. As a rule, fat fish, such as salmon or shad are most desirable for baking, broiling and planking because their fat content will keep them from becoming dry. Lean fish, such as cod and haddock are preferred by some for boiling and steaming as their flesh is firm and will not easily fall apart while cooking. Both lean and fat fish are suitable for frying.



RECIPE FOR LONDON BROIL ON PAGE 13

BEEF IN BURGUNDY

2 lb. round or chuck beef, cut in serving pieces
2 tbsp. butter
4 med. onions, sliced
6 med. carrots, halved
Salt and pepper to taste
1 c. dry red wine
1 c. bouillon
3 or 4 sprigs parsley
2 sprigs celery leaves
1 sm. bay leaf
1 clove of garlic (opt.)
2 to 3 tbsp. flour

Brown beef, onions and carrots in butter. Arrange vegetables over meat; season with salt and pepper. Add bouillon and wine to cover meat. Add parsley, celery, bay leaf and garlic. Reduce heat to simmer; cook, covered, for 2 to 3 hours or until meat is tender. Thicken gravy. Serve with parsleyed or mashed potatoes. NOTE: For variety 1/2 teaspoon marjoram, 1/2 teaspoon thyme and 2 potatoes, peeled and quartered, may be added. Yield: 6 servings.

Genevieve E. Johnson, Pres.
First Church Women's Guild, Malden, Mass.

CHUCK ROAST DINNER

1 3-lb. roast, 2-in. thick
2 tbsp. steak sauce (opt.)
1 to 1 envelope onion soup mix
1 10 1/2-oz. can cream of mushroom soup

Place roast in center of extra wide, heavy foil; put in roasting pan. Brush meat with sauce, sprinkle with dry soup mix. Spread with mushroom soup, wrap loosely. Bake at 350 degrees for 2 hours and 30 minutes to 3 hours. Yield: 6 servings.

Mrs. Eugenia M. Sawyer, Pres.
Suncoast African Violet Club
Hampton, N.H.
Mrs. Maurice Worcester, Treas.
Meth. WSCS, Machias, Me.

DELICIOUS POT ROAST

1 2-lb. chuck steak
Oil
1 can tomato soup
1 sm. jar stuffed olives
1 onion, sliced

Brown steak in oil; add tomato soup, olives and onion. Simmer until tender, adding water if necessary. Yield: 4 servings.

Mrs. Marjorie C. Blaisdell, Treas.
Meth. Church WSCS, Franklin, Me.

DELICIOUS HEARTY MEAT DINNER

1 4-lb. chuck steak
½ stick margarine
1 lb. carrots
3 lb. sm. onions
8 potatoes
½ tsp. pepper
2 tsp. salt
3 tbsp. cornstarch

Sear meat in margarine until brown. Place in kettle with vegetables, season. Add water to top of meat. Bake at 350 degrees for 4 hours. Do not add any more water. Remove meat and vegetables. Mix cornstarch in 1/4 cup of cold water; add to boiling gravy to thicken. Yield: 8 servings.

Olive Price, Pres.
Stevens Ave. Congo Church Woman's Assoc.
Portland, Me.

FIVE FLAVORED BEEF

4 c. salad oil
1 4-lb. boned chuck or rump pot roast
1 c. soy sauce
2 ½ c. water
1 cinnamon stick, 1-in. long
2 anise seed
½ c. sugar
1 c. Sherry
3 tbsp. cornstarch

Brown meat in oil. Combine soy sauce, 2 cups water, cinnamon stick, anise seed and sugar; pour over meat. Cover; simmer for 2 hours or until meat is tender. Add Sherry; cook for 1 hour longer. Remove 2 1/2 cups liquid; bring to a boil. Make a smooth mixture of cornstarch and remaining water. Stir into boiling liquid; simmer, stirring, until thickened. Pour over beef. Yield: 8 servings.

Mrs. Lawrence E. Sawyer, Jr., Pres.
Jr. Women's Club, Crandon, Wis.

GOURMET POT ROAST

1 4-lb. arm chuck roast
2 tbsp. flour
Salt and pepper to taste
Fat (opt.)
2 med. onions, sliced
½ c. water
1 bay leaf
½ c. dry red wine
4 tbsp. catsup
Garlic powder
½ tsp. dry mustard
½ tsp. marjoram
½ tsp. thyme
1 2-oz. can sliced mushrooms

Dredge meat in flour seasoned with salt and pepper. Brown in fat. Drain off drippings.

(Continued on next page)

GRANDMA BODNER'S SOUR ROAST

6 lb. beef (rib roast)
Ice
Onion, sliced
6 to
4 to 6 bay leaves
c. sugar
gingersnaps, crushed
c. vinegar
Water
Salt to taste

liquid for gravy. Yield: 10 to 12 servings.

Jr. Women's Club, Inc., Nashua, N.H.

MEAL IN ONE CHUCK ROAST

1 4 to 6-lb. chuck roast
1 package onion soup mix
1 can cream of mushroom soup
8 new potatoes
2 bunches carrots

Make

NEW ENGLAND BOILED DINNER

4-lb. corned beef
8 med. carrots, sliced
2 to 3 lb. turnips, sliced
1 med. cabbage, quartered
8 med. potatoes, sliced
6 med. beets, cooked and sliced

cabbage; cook for 1 hour longer. Add potatoes

Norah Kittell, WM

NEW ENGLAND POT ROAST WITH GRAVY

3 to 4 lb. bottom round beef
Flour
Salt
med. onion, coarsely chopped
2 to 3 c. water
6-oz. can tomato paste
tbsp. lemon juice
tsp. Worcestershire sauce
c. vinegar
2 tbsp. sugar
tsp. onion powder or glutamate
tsp. pepper
tsp. paprika
tsp. ground allspice

Wipe

large

OVEN STYLE POT ROAST OF BEEF

1 4 lb. blade or arm pot roast
1 10½-oz. can cream of mushroom soup
can French-fried onions

Make

CES, Manchester Ctr., Vt.

POT ROAST OF BEEF

4 to 5 lb. chuck roast
Seasoned flour
Water
2 onions, sliced
Carrots
Potatoes

Ella C. Bass, Texas.

PIG'S POT ROAST

[illegible] or margarine
4 to 5 lb. [illegible] beef pot roast
3 [illegible] onions, sliced
2 [illegible] tomato sauce
[illegible] water
2 [illegible]
[illegible] pepper
6 to 8 carrots, peeled and halved
5 to 6 [illegible] halved
[illegible] turnip, diced

[illegible]

[illegible]

POT ROAST WITH ONION GRAVY

4 to 5 lb. pot roast
Shortening
[illegible] onion soup
5 [illegible] potatoes, [illegible]
[illegible] carrots, [illegible]
Dash of pepper
[illegible] salt

[illegible]

Sylvia M. [illegible]
Rebekah Lodge, Olive Branch No. 4
St. Johnsbury

POT ROAST WITH RIPE OLIVES

[illegible] oz. [illegible] mushrooms
[illegible]
[illegible] onions, chopped
4 [illegible]
Salt and pepper to taste
[illegible] 3 to 4 [illegible] roast or veal roast
½ tsp. ginger
[illegible] tomato sauce
[illegible] pitted ripe olives
1 beef [illegible] cube

Wash [illegible]

[illegible]

SAUERBRATEN

4 to 5 lb. pot roast
Water
[illegible] vinegar
2 tsp. salt
3 tbsp. brown sugar
½ tsp. ground cloves
[illegible] tsp. [illegible]
1 tsp. [illegible] glutamate
1 bay leaf
1 ½ tsp. [illegible] ground pepper
[illegible] chopped onions
1 [illegible] ginger
Flour

[illegible]

Mrs. Roger E. Eddy, Pres.
Woman's Club, Stowe, Vt.

BRAISED SHORT RIBS OF BEEF

[illegible] flour
[illegible]
[illegible]
[illegible] into serving pieces
[illegible]
[illegible]
[illegible] boiling [illegible] or consomme

[illegible]

SWEET AND SOUR RIBS

[illegible] serving pieces
Water
[illegible]
[illegible] molasses

[illegible] skillet; cover with water [illegible] simmer for [illegible] minutes. Drain [illegible] skillet. Brown ribs. Place in bowl; add [illegible] cup water and [illegible]. Pour over ribs. Simmer for 30 to 35 minutes. Yield: 6 servings.

[illegible] Joseph [illegible], Pres. [illegible], Pittsfield, Mass.

BARBECUED ROUND STEAK

Round steak
[illegible] sauce
[illegible]
[illegible] chopped
[illegible] 3 tbsp. vinegar
[illegible] tsp. thyme
Salt and pepper

[illegible]

[illegible]

LONDON BROIL

[illegible] salad oil
[illegible] wine vinegar
[illegible] powder
[illegible]
[illegible] tsp. monosodium glutamate
[illegible]
2 [illegible] steaks

[illegible] according to doneness desired, brushing once with sauce. Yield: 4 servings.

Mrs. Robert Stanford
[illegible] Club, Natick, Mass.

MOCK DUCK

[illegible] chopped
1 [illegible] bread [illegible]
Salt, pepper and sage
2 [illegible]

[illegible]

[illegible]

[illegible]OON [illegible]OIL

[illegible] sauce
[illegible]
1 tbsp. [illegible] lemon juice
[illegible] vinegar
[illegible] mustard
[illegible] thyme
[illegible]
[illegible] sliced
[illegible]
[illegible] shoulder or chuck steak

[illegible]

MUSHROOM BUTTER SAUCE

[illegible] whole mushrooms
[illegible] chopped parsley
4 [illegible] butter or margarine
[illegible] sauce
[illegible] tsp. salt

[illegible]

[illegible]

ROUND STEAK SMOTHERED IN ONIONS

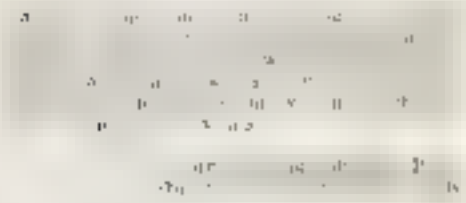
[illegible] round steak
[illegible] butter
6 [illegible] chopped
[illegible] tbsp. flour
Salt and pepper
[illegible] vinegar
[illegible] chopped
2 [illegible] thyme
[illegible]
1 [illegible] boiling water

[illegible]

[illegible]

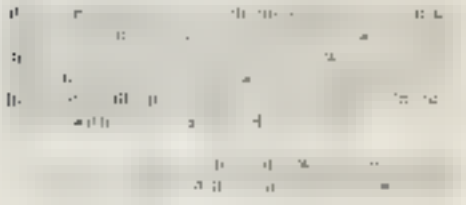
PIGS IN THE BLANKET

[illegible]



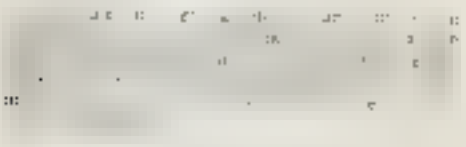
BOU ADEN

[illegible]



ROUND STEAK CASSEROLE

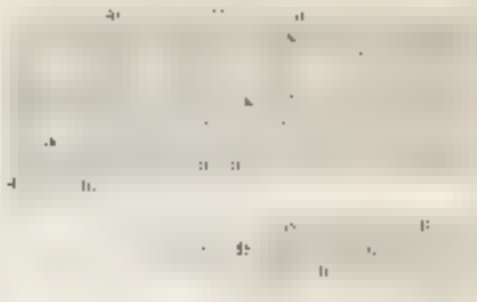
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Mrs. Alvah R. Duenback
Garden Club, Cumberland Center Me

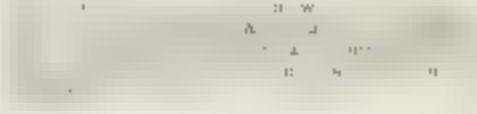
SPANISH BEEF STEAK

[illegible]



SWISS STEAK

[illegible]



Pauline T York, Treas.
[illegible]

SW SS STEAK

[illegible]



SWISS STEAK IN SOUR CREAM

[illegible]

[illegible]

SWISS STEAK

- 2 lb. round steak, [illegible] thick
- [illegible]
- [illegible] salt
- [illegible] pepper
- 3 tbsp. [illegible]
- [illegible] onion, chopped
- [illegible] canned tomatoes

Mix [illegible] into [illegible] tomatoes. [illegible] at 350 [illegible] until [illegible]

[illegible]

BEEF BOURGUIGNONNE

- [illegible] flour
- [illegible] salt
- [illegible] ground pepper
- 2 lb. [illegible], cut in [illegible]
- 4 tbsp. butter
- 2 med. onions, chopped
- 2 [illegible] chopped
- 1 c. red cooking wine
- 1 bay leaf
- Cooked noodles

[illegible]

[illegible]

BEEF CANTONESE WITH GINGER [illegible]

- [illegible] soy sauce
- [illegible] Sherry
- 2 tbsp. sugar
- [illegible] cinnamon
- 2 [illegible] beef chuck, cut in [illegible] cubes
- [illegible] water
- 2 tbsp. cornstarch
- 2 tbsp. cold water
- [illegible] chopped green onions
- [illegible]
- 2 tbsp. [illegible] grated ginger
- 4 [illegible]

[illegible]

Ruth Bernda, Sec. [illegible]

CHINESE PEPPER STEAK

- 1 1/2-2 lb. boneless beef chuck
- 2 tbsp. fat
- 1 bunch green onions, cut in [illegible] in. pieces
- [illegible] sliced celery
- 2 [illegible] garlic, minced
- 1 [illegible]
- [illegible] pepper
- [illegible] bouillon cubes
- [illegible] hot water
- 6 [illegible] green peppers, cut in eighths
- 2 [illegible] cornstarch
- [illegible] soy sauce

[illegible]

[illegible]

LAZY ROAST

- [illegible] lb. bottom round, cubed
- [illegible] dry bread, crumbled
- [illegible]
- [illegible] onion, [illegible]
- [illegible] tbsp. instant tapioca
- Salt and pepper to taste

Mix all [illegible]

[illegible]

BUTTERMILK STROGANOFF

c. flour
tsp. salt
tsp. pepper
lb. beef, cubed
tbsp. butter
[illegible]
[illegible] minced
[illegible]
tsp. [illegible] sauce
tbsp. [illegible]
[illegible]
4-oz. [illegible] mushrooms, drained
c. buttermilk

[illegible]

Serve over noodles or rice. Yield: 6 servings.

Mrs. Clyde M. Anderson, Co. Chmn.
[illegible]

BEEF STROGANOFF

[illegible]

[illegible] Worcestershire sauce
[illegible]

[illegible]

BEEF STROGANOFF

[illegible]

[illegible]

SWISS STEAK CASSEROLE

[illegible]

[illegible] minutes longer. Yield: 6 servings.

[illegible]

SWISS STEAK WITH VEGETABLES

[illegible]
[illegible] soup
[illegible] green pepper
[illegible]

[illegible]

ROAST STUFFED BREAST OF VEAL

[illegible]

hot water
[illegible] crumbs
[illegible]
[illegible] veal breast, boned
Bacon slices

[illegible]

STUFFED BREAST OF VEAL

[illegible] breast of veal [illegible]
4 tbsp. shortening
[illegible] onion, minced
Salt
[illegible]
[illegible]
Monosodium Glutamate
[illegible]
2 [illegible] bread crumbs
[illegible] water [illegible]
Barbecue sauce

[illegible]

8-8 servings

[illegible]

MOTHER'S BREADED VEAL CUTLETS

3 eggs
[illegible] tbsp. water
[illegible] vegetable oil
5 [illegible] bread crumbs [illegible] pieces
[illegible] veal cutlets [illegible]
Salt

[illegible] of bread, top [illegible] remaining bread [illegible] Add enough water to cover cutlets [illegible]

VEAL ROAST

1 4 to 5-lb. veal rump or leg
6 sm. cloves of garlic
1 tbsp. salt
½ tsp. pepper
¼ to [illegible] c. bread crumbs
6 or 8 sm. onions
2 c. water

Wipe meat; make slit pockets with sharp-pointed knife in top and side sections of [illegible]

[illegible]

VEAL CUTLETS WITH MUSHROOMS

2 [illegible] lb. veal cutlets
[illegible]
[illegible] tsp. pepper
[illegible]
[illegible] flour, [illegible]
[illegible] mushrooms, drained
[illegible]
[illegible] tbsp. minced chives

[illegible]

SOUR CREAM VEAL

4 veal cutlets, pounded
[illegible] tbsp. butter
[illegible] mushrooms
[illegible] onion, [illegible]
[illegible] sour cream

[illegible]

VEAL PAPRIKA WITH POPPY SEED NOODLES

4 [illegible] veal [illegible] thick
[illegible] flour
[illegible] tsp. [illegible]
[illegible] salt
[illegible] pepper
Butter
[illegible] sour cream

[illegible]

POPPY SEED NOODLES

8 [illegible] noodles
[illegible] tsp. butter
3 tbsp. poppy seed
[illegible] blanched almonds
1 tsp. lemon juice
½ tsp. salt
⅛ tsp. cayenne
2 tsp. minced parsley

Cook noodles [illegible] drain. [illegible] almonds [illegible] lightly [illegible] salt and [illegible] with minced parsley. Yield: 4 servings.

Mrs. Alfred H. Bernard, Pastor's Wife
First Bapt. Church, Southington, Conn.

VEAL PARMESAN

[illegible] dry bread crumbs
[illegible] grated Parmesan cheese
[illegible] oregano leaves
[illegible] salt
[illegible] pepper
[illegible] veal cutlets [illegible] thick
[illegible] eggs, lightly beaten
[illegible]
[illegible] Rhine wine (opt.)

[illegible]

[illegible]

MAMMA'S VEAL PAPRIKA

2 lb. veal
Salt and pepper to taste
[illegible] flour
[illegible] onion, chopped
2 tbsp. [illegible]
[illegible]
[illegible] sour cream

[illegible]

[illegible] Mix [illegible]

VEAL ROLL WITH VEGETABLES

2 slices veal [illegible] thick
[illegible]
1 tsp. [illegible]
4 [illegible]
3 [illegible] green pepper
2 tsp. [illegible]
1 [illegible] tomato juice
[illegible]
[illegible] salt
[illegible] pepper
6 med. potatoes

[illegible] 45 minutes. Yield: 8 servings.

[illegible] L. McKay, Past Pres.
[illegible] Club, Boulton, [illegible]

MOCK CHICKEN LEGS

1 lb. veal, cut in [illegible] strips
Bacon [illegible]
[illegible] egg, beaten
[illegible] milk
Corn flakes

[illegible]

POT VEAL CACCIATORE

[illegible] veal [illegible]
[illegible]
[illegible]
[illegible] onion
[illegible]
[illegible]
[illegible]
[illegible] diced [illegible]

[illegible]

VEAL AND PEPPERS

ROAST LAMB

BAKED STUFFED LAMB

ROAST LAMB

GLAZED LAMB ROAST

ROAST LAMB IN A BAG

on next

[illegible]

Jewell W. Conger, Pres.
Meridan Garden Club, Lexington, Mass.

LAMB SHANKS

6 lamb shanks
[illegible] salt
[illegible] sugar
[illegible] paprika
[illegible]
3 tomatoes

[illegible]

BREADED LAMB OR VEAL SLICES

[illegible] dry white bread crumbs
[illegible]
[illegible] salt
[illegible] brown sugar
[illegible] sage
[illegible] pepper
[illegible] lamb, sliced
Flour
[illegible] eggs, beaten
[illegible] water
[illegible]

[illegible]

LAMB CURRY

[illegible] lamb, cubed
[illegible]
[illegible] sliced
[illegible] powder
[illegible]
[illegible] pepper
[illegible] water
Juice and grated peel of 1 lemon

[illegible]
[illegible] whole [illegible]

[illegible]

[illegible]
Woman's Club, Woods Hole, Mass.

RAGOUT OF LAMB

[illegible] lb. lean lamb, cubed
[illegible] flour
[illegible] salt
Dash of fresh ground pepper
[illegible]
[illegible] or consomme
[illegible]
[illegible]
[illegible] chopped parsley

[illegible]

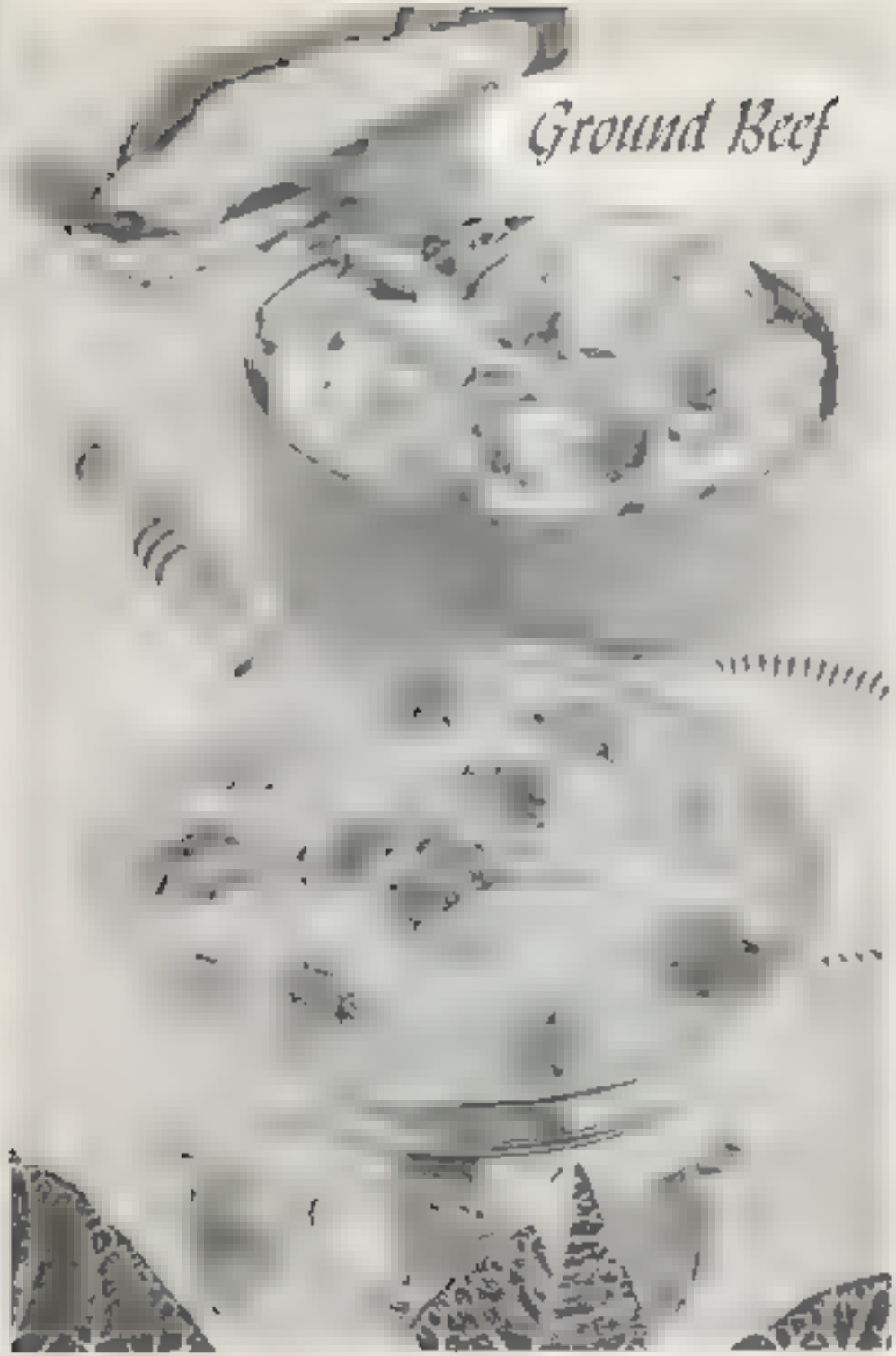
A FULL PLATTER

1½ lb. ground lamb shoulder
1 [illegible] carrots, ground
[illegible] onion, ground
[illegible] egg, beaten
[illegible] tsp. salt
[illegible] pepper
[illegible]
[illegible] flour
[illegible] water
[illegible] mashed
[illegible]
Mint [illegible]

[illegible]

Mrs. Ellen V. [illegible], Past [illegible]
Garden Club, Canton.

Ground Beef



RECIPE FOR BACHELOR BURGERS DELUXE ON PAGE 33

APPLESAUCE MEAT BALLS

ground beef
crushed corn flakes
pepper
garlic salt
applesauce

Mrs. Gladys Nechiens, Pres
Prattville School PTA, Chelsea, Mass.

MEAT BALLS BOURGUIGNONNE

Margaret Chickering, Advisory Editor

BACHELOR BURGERS DELUXE

2 lb. ground round steak
Salt and pepper

MEAT BALL CASSEROLE

Combine all ingredients except soup and water. Form into balls. Place in casserole. Top with soup and water. Bake at 375 degrees for 2 hours. Yield: 6 servings.

Mrs. D. F. Bader Jr., Pres
Garden Club, Bedford, Mass.

FRIKADELLEN

Patricia A. Del Padre, Pres.
Oakdown, Village Homemakers, Warwick, R

MEAT BALLS IN MUSHROOM GRAVY

MUSHROOM MEAT BALLS

[illegible] mushroom [illegible]
[illegible] crumbs
[illegible] onion
[illegible]
[illegible] ground beef

[illegible]

PARTY PRIDE MEAT BALLS

[illegible] ground beef
[illegible]
[illegible] grated onion
[illegible] milk
[illegible] tomato sauce
[illegible] brown sugar
[illegible] Worcestershire sauce

[illegible]

Centre Street Cong. Church, Machias, M[illegible]

PORCUPINE BALLS

[illegible] lb. ground round or chuck beef
[illegible] rice
[illegible]
[illegible] onion
1 can cream of tomato soup
[illegible] water

[illegible]

PORCUPINE HAMBURGER

[illegible] lb. hamburger
[illegible]
[illegible] egg

[illegible] onion, finely chopped
[illegible] tomato soup

[illegible]

RANCH MEAT BALLS

[illegible] lb. ground beef
1 [illegible] tsp. salt
[illegible] tsp. pepper
[illegible] tsp. chili powder
[illegible] tsp. dry mustard
1 egg
[illegible] c. yellow corn meal
[illegible] c. chopped green pepper
[illegible] c. chopped onion
[illegible] c. flour
[illegible] seasonings

Mix beef with seasonings, egg, corn meal, [illegible] for [illegible] minutes [illegible] 6 servings.

Millicent Fales, NG
Rebekah Lodge, R B. Capen No. 62
Augusta, Me

SURPRISE MEAT BALLS

[illegible] lb. ground beef
2 tbsp. [illegible] chopped [illegible]
[illegible] tbsp. finely chopped onion
[illegible] egg
Salt and pepper
Bacon strips

[illegible]

SURPRISE MEAT BALLS

[illegible] lb. ground beef
[illegible] tbsp. salt
[illegible] tsp. pepper
2 eggs
6 [illegible] finely [illegible]
[illegible] can tomato sauce
[illegible] c. water
[illegible] potatoes, ground
[illegible] ground
[illegible] ground
1 green pepper, ground

Continued on next page

Combine all ingredients ... ... shape into balls. Brown ... place in casserole.

Eliza M. Saunders ...
... Dorchester, Mass.

SWEDISH MEAT BALLS

... hamburger
... chopped onion
... seasonings

Amherst Ext. Group, Reeds Ferry, N.H.

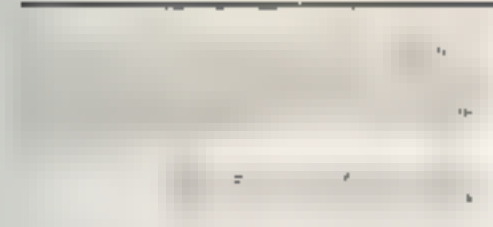
SWEDISH BEEF BALLS

1 lb. ground beef
... crumbs
... milk
... onion, chopped
1 ... butter
... egg
... tsp. nutmeg
... flour
... tsp. tomato paste
... sugar
... sour cream
... tbsp. chopped ...

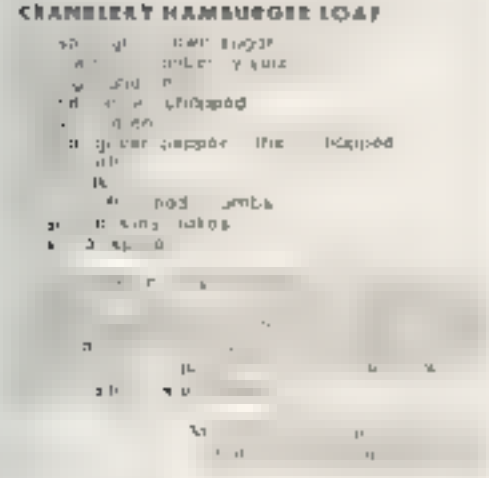
SWEDISH MEAT BALLS

AUNT CASSIE'S BEEF LOAF

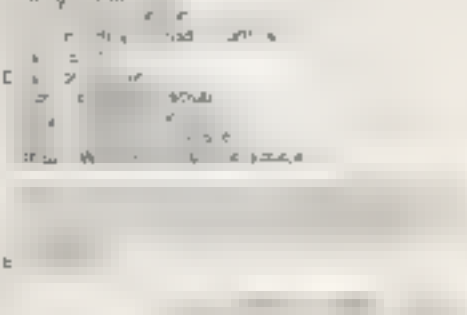
BEEF AND POTATO LOAF



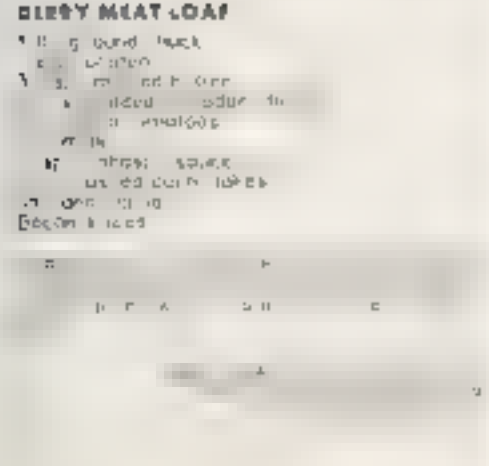
CHANTERELLE HAMBURGER LOAF



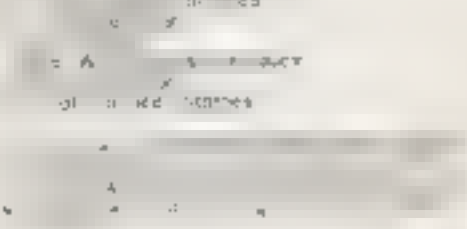
SAVORY MEAT LOAF



DIETRY MEAT LOAF



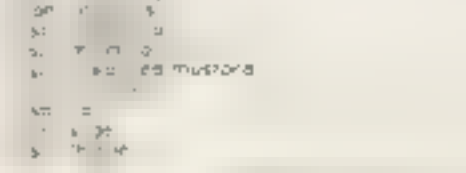
FROSTED MEAT LOAF

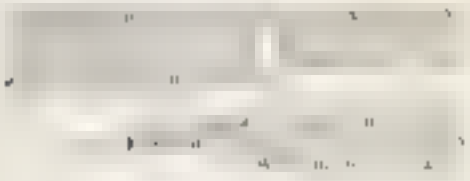


EASY MEAT LOAF

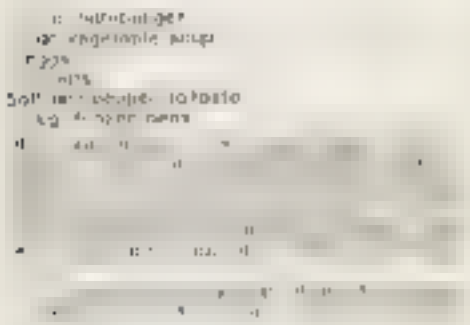


MA'S MEAT LOAF

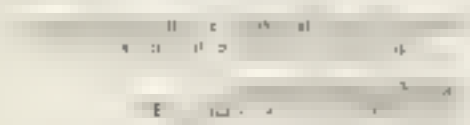




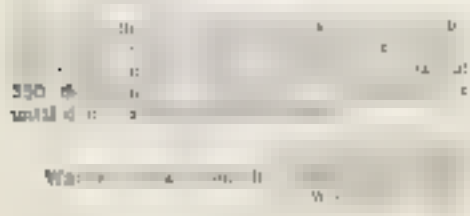
MEAT LOAF



MEAT LOAF

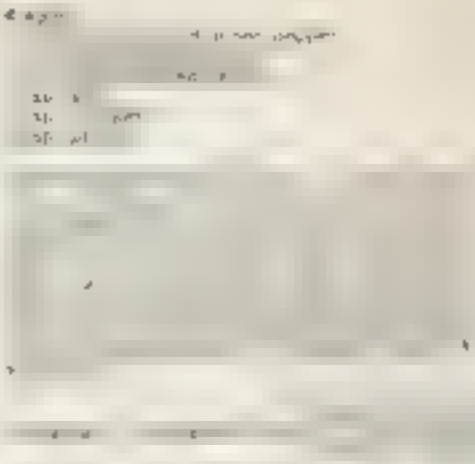


MEAT LOAF

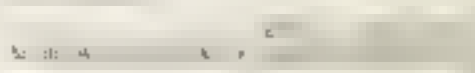


MEAT LOAF SURPRISE

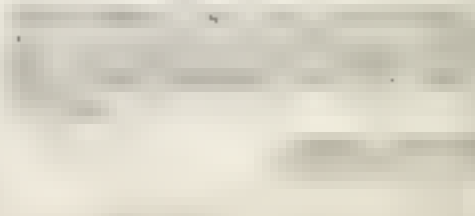
1 lb. hamburger
2 slices [illegible] crumbled
1 sm. [illegible]



QUICK AND EASY MEAT LOAF



SAVORY MEAT LOAF



SAVORY MEAT LOAF

1 egg, beaten
2 tbsp. [illegible] prepared mustard
½ c. [illegible]
1 onion, [illegible]

[illegible] stuffed olives, sliced
[illegible] salt
[illegible] pepper
[illegible] onion
[illegible]

[illegible]

[illegible] Co., Est. [illegible] Exeter, N.H.

SAUCY MEAT LOAF

[illegible]
[illegible] brown sugar

[illegible]

SCALLOPED MEAT LOAF

[illegible] hamburger
[illegible]
[illegible]
[illegible]
[illegible] potatoes, thinly sliced
[illegible]

[illegible]

[illegible]

STUFFED MEAT LOAF

[illegible] ground beef
[illegible]

[illegible]

VEGETABLE MEAT LOAF

[illegible]

at 350 degrees for 1 hour. Yield: 6 servings.

ZESTY MEAT LOAF A LA PARMESAN

[illegible]

HAMBURGER CAKES 'N CASSEROLE

[illegible]

HAMBURGER BITS

HEAVENLY HAMBURGER

SUPER DELICIOUS BURGERS

HANGBURGERS

STEAK PATTIES IN TOMATO SAUCE WITH DUMPLINGS

AMERICAN CHOP SUEY

CHINESE CRUNCH

GOULASH

GROUND BEEF WITH NOODLES

HAMBURGER CHOW MEIN

HAMBURGER PIE

HAMBURGER PIE

HAMBURGER PIZZA

MEATZA PIE

up Finely chopped onion
up
on chicken paprika
Mozzarella cheese, cut in strips

son cheese

HAMBURGER AND RICE CASSEROLE

ARIZONA STEW

PICADILLO CUBANO

CHOP SUEY

SPANISH MEATBALLS

TEXAS HASH

HAMBURGER ROLL

TEXAS HASH

COMPANY BEEF AND MUSHROOM ROLLUP

STUFFED CABBAGE ROLLS

HAMBURGER STROGANOFF

[illegible]

COLONEL'S DISH

[illegible]

SKILLET SUPPER DISH

[illegible]

PEPPY STUFFED PEPPERS

[illegible]

STUFFED PEPPERS

[illegible]

Mrs. George Leopard, Penn.

STUFFED PUMPKIN

[illegible]

Anna Benson,



RECIPE FOR MARINATED PORK CHOPS ON PAGE 33

ALL IN A SKILLET MEAL

[illegible]

Salt and pepper

[illegible]

BAKED PORK CHOPS

6 pork chops
Fat
[illegible]
Green pepper rings
[illegible] tomatoes

[illegible]

BAKED PORK CHOPS

4 pork chops
[illegible] soup [illegible]
Salt and pepper

[illegible] or until tender. Yield: 4 servings.

[illegible]
First Cong. Church Women's Flep
Everett, Mass.

PORK CHOPS BAKED IN SOUR CREAM

[illegible] thick
[illegible]
[illegible] sour cream

BARBECUED PORK CHOPS

[illegible] vinegar
[illegible] leaves

[illegible]

6 servings

Mrs. Hazel [illegible], Pres.
[illegible] No. Haverhill, N.H.

SKILLET BARBECUED PORK CHOPS

[illegible] sauce
Salt and pepper

[illegible]

[illegible]
Hadwen Park Women's Flep
Worcester, Mass.

BRAISED PORK CHOPS

[illegible]

CRUMBED PORK CHOPS

5 pork
1 egg beaten
6 slices zwieback crumbled
1 tbsp butter
Water

MARINATED PORK CHOPS

DANISH PUFF PORK CHOPS

1 tbsp. sugar
4 pork chops



FRENCH PORK CHOPS

FOOR MAN'S DISH

PORK CHOP CASSEROLE

6 [illegible]

[illegible]

PORK CHOP CASSEROLE

6 thin pork chops
2 cans cream of mushroom soup

Brown chops [illegible]

PORK CHOPS CASSEROLE STYLE

6 pork chops
Salt and pepper
½ lb. American cheese, [illegible]

[illegible]

Mrs. Emory E. Brown, Pres.
Garden Club, Alburgh, Mass.

PORK CHOP DELIGHT

6 pork chops
[illegible]

[illegible]

Mrs. Isabelle La Barge, Grand, Neg
Women of the Moose, Bennington, Vt.

PORK CHOPS CREOLE

6 [illegible]

[illegible]

Brown pork chops in small amount of [illegible]

PORK CHOP DINNER

6 pork chops
Shortening
6 med. potatoes, sliced

[illegible]

PORK CHOPS AND RICE

[illegible]

PORK CHOPS SUPREME

[illegible] loin [illegible] chops

[illegible]

Francis D. Barrett

[illegible]

SIMMERED PORK CHOPS

4 pork chops

[illegible] chicken soup

[illegible]

Stanley K. Crain, Ad.
Youth Fksp, West Paris, Me

SAUCY PORK CHOPS

[illegible]

SPICED PORK CHOPS

[illegible]

Jean Baig, Pres.
[illegible] PTA, Fall River, Mass.

HONEY CRUNCH HAM

1 3-lb. canned ham
½ c. honey
2 tbsp. lemon juice
½ c. chopped nuts
½ c. crushed corn flakes

[illegible]

HAM PINEAPPLE BAKE

[illegible]

Geraldine Wright, Wife
OES, Franklin, N



BAKED HAM IN PINEAPPLE RING

[illegible]

HAW[illegible]HAM

[illegible]

QUICK HAM CASSEROLE

[illegible]

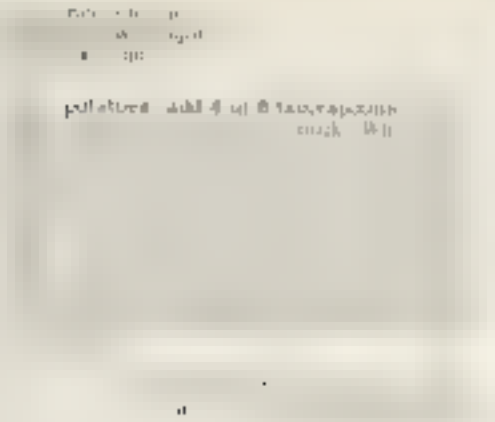
HAM A LA BRICK

[illegible]

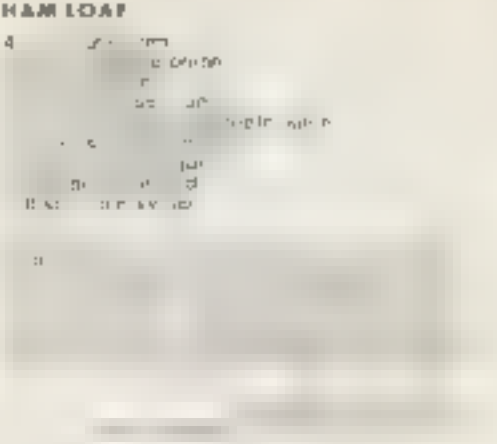
Mrs. Stanley Watney, Texas
Meth. Church WSCS, Sandersville, Miss.

ISLAND STYLE HAM AND SWEET POTATOES

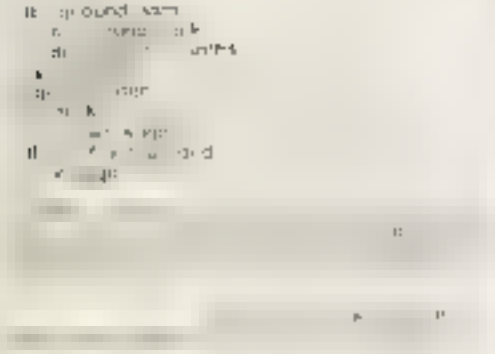
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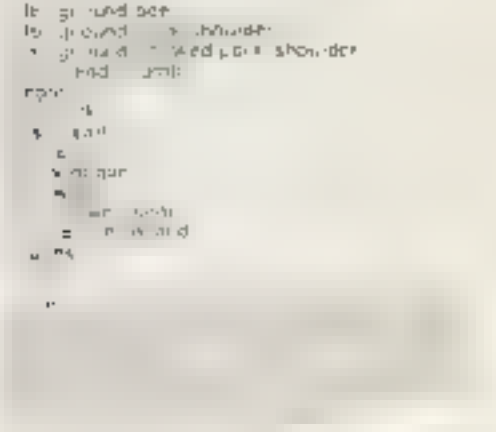
HAM LOAF



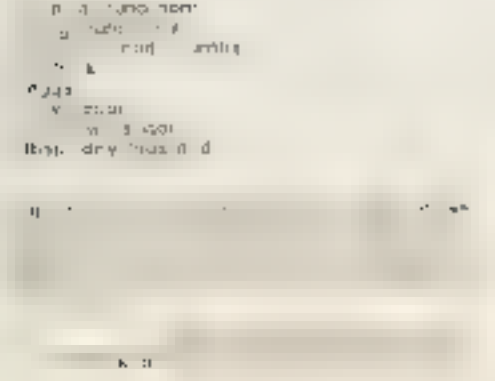
HAM LOAF



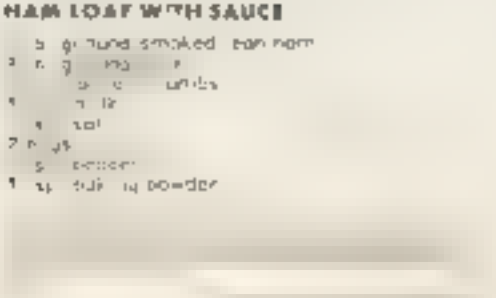
HAM LOAF WITH SWEET SOUR BASTE



HAM LOAF



HAM LOAF WITH SAUCE



FRIED SALT PORK AND GRAVY

BAKED HAM RING



PORK CHOW MEIN

PORK ORIENTAL STYLE

SHISH KABOB WITH PINEAPPLE

1 lge. can pineapple chunks
[illegible] c. Italian dressing
Pineapple juice
3 lb. pork, cut in [illegible] in. square
[illegible]
4 tomatoes, quartered
2 onions, sliced
2 lb. mushrooms

[illegible]

BAKED SAUSAGE

[illegible]

[illegible] Newport, R.I.

ITALIAN SAUSAGE

5 lb. pork shoulder (or butt)
[illegible]
2 tbs. fennel seed
[illegible]
[illegible] red pepper [illegible]
Sausage casings

[illegible]

Mrs. A. D. Vincuilla, Pres.
Our Lady's Guild, Wareham, Mass.

SAUSAGE FONDUE

[illegible]

[illegible] 325 degrees for 1 hour and 30 minutes.

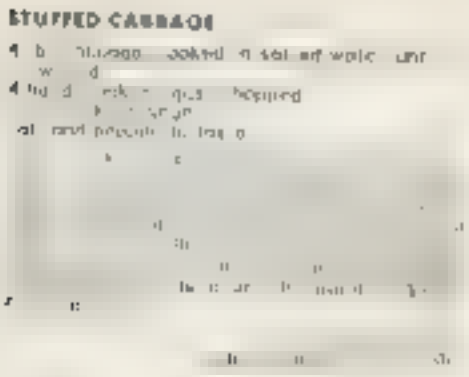
SAUSAGE NOVEL STYLE

[illegible]

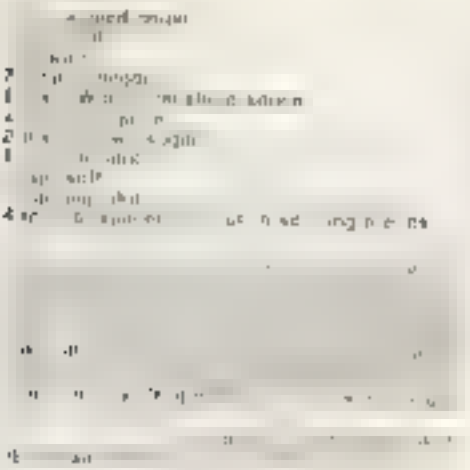
WOOD COCK

[illegible] cooked sausage
[illegible]
[illegible] grated
[illegible] chopped mushrooms
[illegible]

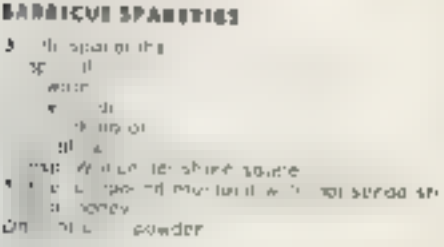
STUFFED CABBAGE



BARBECUED RIBS

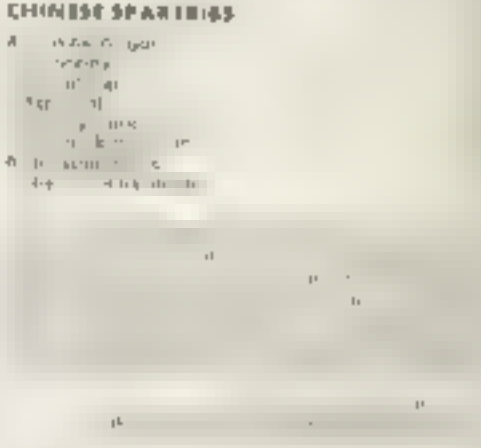


BARBICUE SPARERIBS

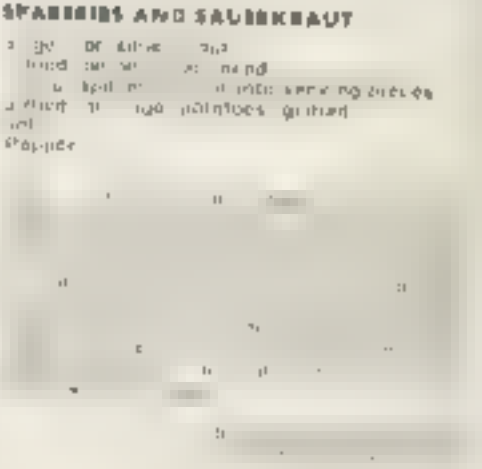




CHINESE SPARERIBS



SPARERIBS AND SAUERKRAUT





Combination & Variety Meats

RECIPE FOR COUS COUS ON PAGE 44



BEEF AND OYSTER ROLL

[illegible]
[illegible]
2 or 3 tbsp. dry bread or cracker crumbs
Salt and pepper

Chop oysters [illegible]
liquor (if [illegible]
mixture. Mix
[illegible]

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

Sauté mushrooms in butter. Mix with [illegible]

[illegible]

BROWN SAUCE

[illegible] butter
4 [illegible]
[illegible]
[illegible]
[illegible]

[illegible]
[illegible]

Barbara B. Runge, Advisory Editor

Department of Home Economics
Framingham, Mass.

MEAT LOAF

2 lb. hamburger
½ lb. sausage
2 tbsp. chopped onion
1 cup salt
½ tsp. [illegible]
1 [illegible] [illegible] cereal
[illegible] water

[illegible]

[illegible]

COUSCOUS

[illegible]
1 envelope Swiss onion soup mix
1½ cup water
¼ tsp. pepper
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

[illegible]
[illegible]

[illegible]
[illegible]

Cover [illegible]
[illegible]

Photographs for this recipe [illegible]

BEEF AND KIDNEY PIE

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

[illegible]

MEAT STEW

PORK AND BEEF PIE



PORK PIE

STUFFED ZUCCHINI SQUASH

MACARONI-CORNED BEEF CASSEROLE

MRS. CROSBY'S CORNED BEEF PATTIES

MEAL IN ONE

MOLDED CORNED BEEF LOAF

OVEN BARBECUE

Mrs. Evelyn King, [illegible]
Women of the Moose, [illegible]

[illegible] Allan Gilman, [illegible]
WKS [illegible] Winooski, VT

FRANKS EN BROCHETTE

4 onions, chopped
[illegible]
[illegible]
2 green peppers, cut in [illegible]
1 c. French dressing

[illegible]

FRANKFURTER CROWN WITH CORN STUFFING

[illegible]
c. buttered dry bread crumbs
lb. frankfurters, cut in halves crosswise

[illegible]

MACARONI AND FRANKFURTER CASSEROLE

can Cheddar cheese soup
can tomato soup



POOR MAN'S TURKEY

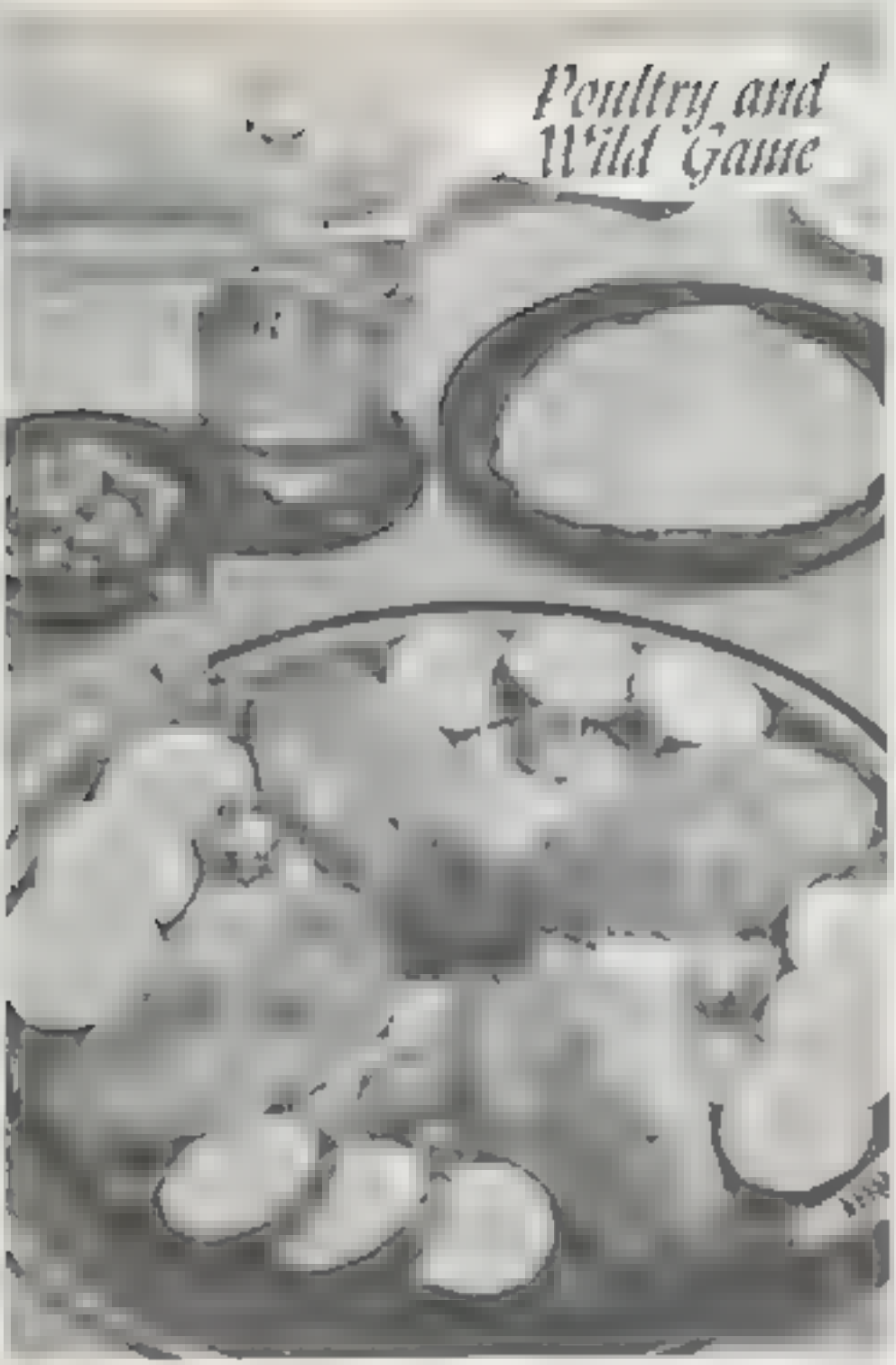
[illegible] potatoes [illegible]
[illegible]
[illegible]
1 qt. milk
Flour
Salt
Butter

Put one-half of potatoes in large baking dish. [illegible] flour and salt [illegible] degrees for 45 [illegible]

BOILED TONGUE WITH BLACKBERRY SAUCE



Poultry and Wild Game



RECIPE FOR SAVORY STUFFED CHICKEN BREASTS ON PAGE 56

CHICKEN WITH WALNUT DRESSING

BAKED CHICKEN W TH SOUP

BAKED CHICKEN

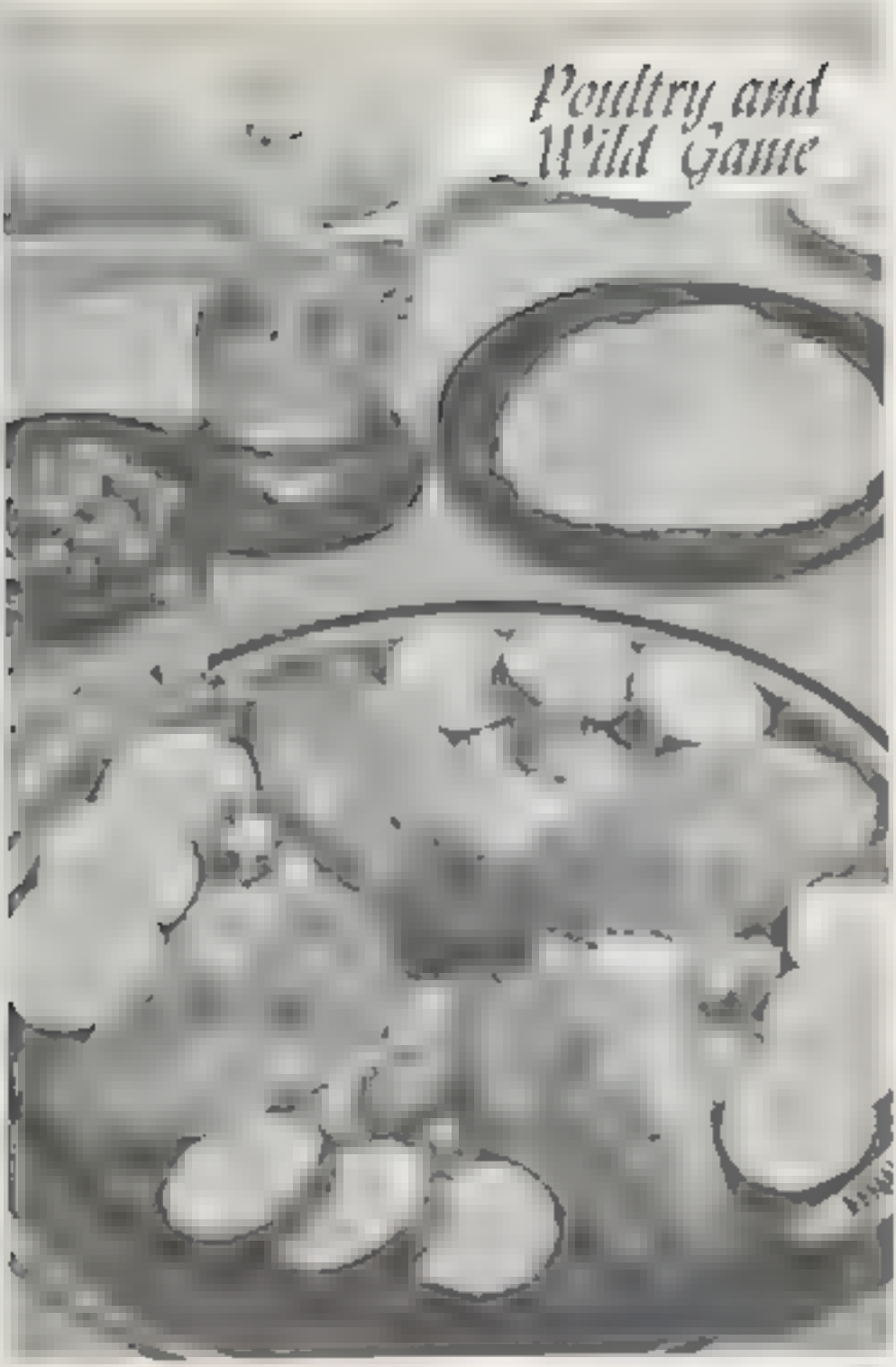
BAKED CHICKEN

BAKED CHICKEN



BARBECUED CHICKEN

Poultry and Wild Game



RECIPE FOR SAVORY STUFFED CHICKEN BREASTS ON PAGE 58

[illegible]

Barbara B. Wil[illegible] Pres
[illegible]ch School PTA Bennington, Vt.

[illegible]

Mrs. Beverly Keeney, Past VP
Norwich [illegible] C. B. & Group Huntington, Mass.



CH CKEN IN LEMON

[illegible]
4 [illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

[illegible]. Cover tightly
[illegible]
[illegible]

[illegible]

CHICKEN DI GHT

6 chicken quarters or 1 chicken, cut up
[illegible]
[illegible] can of mushroom soup
[illegible]

[illegible]

[illegible]

Orange, Mass.
Mrs. Richard Kelley, Pres.

CH CKEN ROSEMARY

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

CHICKEN DELIGHT

6 chicken legs
can cream of mushroom soup
½ c. Sherry
½ c. grated Cheddar cheese

[illegible]

CHICKEN WITH ORANGE SAUCE

3 lb. frying chicken, cut up

finely ground blanched almonds

tbsp. sugar

tsp. ginger

tsp. salt

tsp. pepper

EASY OVEN CHICKEN

OVEN CRISPED CHICKEN

OVEN TASTY GARLIC CHICKEN

minutes longer. Yield: 4 servings

Mrs. Victoria Matuka, Housekeeper

MY BEST FRIED CHICKEN

CHICKEN PAPRIKA

egg noodles

add chicken, salt and pepper. Cook over

egg noodles. Yield: 8 servings

PARTY BEST GLAZED CHICKEN

6 tbsp. butter or margarine
2 lb. [illegible] chicken, cut up
[illegible]
4 [illegible]
2 tbsp. [illegible]
[illegible] y juice
[illegible]
[illegible] or orange marmalade
[illegible]
2 tbsp. [illegible]

[illegible]

SAVORY STUFFED CHICKEN BREASTS

[illegible]



CHICKEN CASSEROLE

[illegible]
5 [illegible]
[illegible]
3 [illegible]
[illegible] sautéed
[illegible] [illegible] soup
[illegible]
[illegible]
[illegible]

[illegible]

Mrs. Carlton L. Harrington, Pres.
[illegible]

SMOTHERED CHICKEN

1 3 or 4-lb. chicken, cut up
Salt and pepper
Paprika
Flour
[illegible] lb. butter or margarine
1 qt. milk
1 med. onion, chopped

[illegible]

CHICKEN CURRY

[illegible]
[illegible] apples
[illegible]
3 [illegible]
[illegible]
[illegible]

[illegible]

½ c. light cream
½ c. chicken broth
1 lb. mushrooms, sliced
2 tbsp. salad oil
2 c. cooked, chopped chicken
½ c. slivered almonds, toasted

[illegible]

[illegible]

CHICKEN LOAF LUSCIOUS

[illegible] chicken
[illegible] bread crumbs
eggs
[illegible] minced onion
[illegible] salt
Dash of black pepper
[illegible] cream of chicken soup

[illegible]

AUCE
can cream of chicken soup
c. milk
c. chopped pimento

Combine ingredients. Heat [illegible]

[illegible]

QUICK CHICKEN LOAF

c. cooked, whole wheat [illegible] chicken
[illegible] cups dressing
[illegible] cooked, diced chicken
eggs, beaten
c. dry bread crumbs
[illegible] dried, dry
tsp. salt
tsp. pepper

[illegible]

[illegible]

[illegible]

CHICKEN PARISIENNE

2 pkg. [illegible] broccoli
[illegible] cream of mushroom
[illegible] milk
[illegible]
[illegible]
[illegible]
tsp. Worcestershire sauce
[illegible]
[illegible] cooked and diced
[illegible]

[illegible] Combine soup, milk, pepper

[illegible]

[illegible]

CHICKEN AND RICE CASSEROLE

1 c. chopped celery
1 [illegible] chicken, cooked and diced
c. parsley, [illegible]
c. slivered almonds, toasted
[illegible] can sliced mushrooms, drained
pimento, sliced
[illegible] cream of chicken soup
c. mayonnaise
2 tbsp. chopped onion
[illegible] crushed corn flakes
melted butter

[illegible]

[illegible]

CHICKEN SUPREME

[illegible]

CH CK N TRIBAZ NNI

[illegible]

TUNBRIDGE CHICKEN PIE

[illegible]

UNITED CHL BCN CHICKEN P E

[illegible]

QUICK CH CKEN A LA R NG

[illegible]

Mildred Hillman, Pres.
Woman's Club, Campton, N H

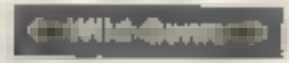
SCALLOPED CHICKEN

SPECIAL SCALLOPED CHICKEN

SKILLET NOODLES PEAS AND CHICKEN

ELEGANT TURKEY SCALLOP

LEFTOVER VERMONT TURKEY



DUCK SUPREME

[illegible]

BAKED BREASTS OF PARTRIDGE

2 partridge breasts
Salt
Bacon strips

[illegible]

hour. Yield: 2 servings.

Thurley Ward Briggs, Pres.
Unitarian, (in recognition) Church Ladies Aid
Carlisle, Mo

PICCADILLY DUCK

[illegible]

HASENPFEFFER

[illegible]

ROAST WILD DUCK

[illegible]

Mrs. Catherine Marblehead
Swampscott, Mass.

JACK RABBIT PIE

[illegible]

4-6 servings

Norma W. Heaney, Past Pres
HD Club, Sunapee, N.H.

30 minutes in pressure. Yield: 8 serv-

Genevieve Burrell, W.M.
F.G.S. Wilmington, Vt.



SPRUCE PEAK VENISON

RABBIT PIE

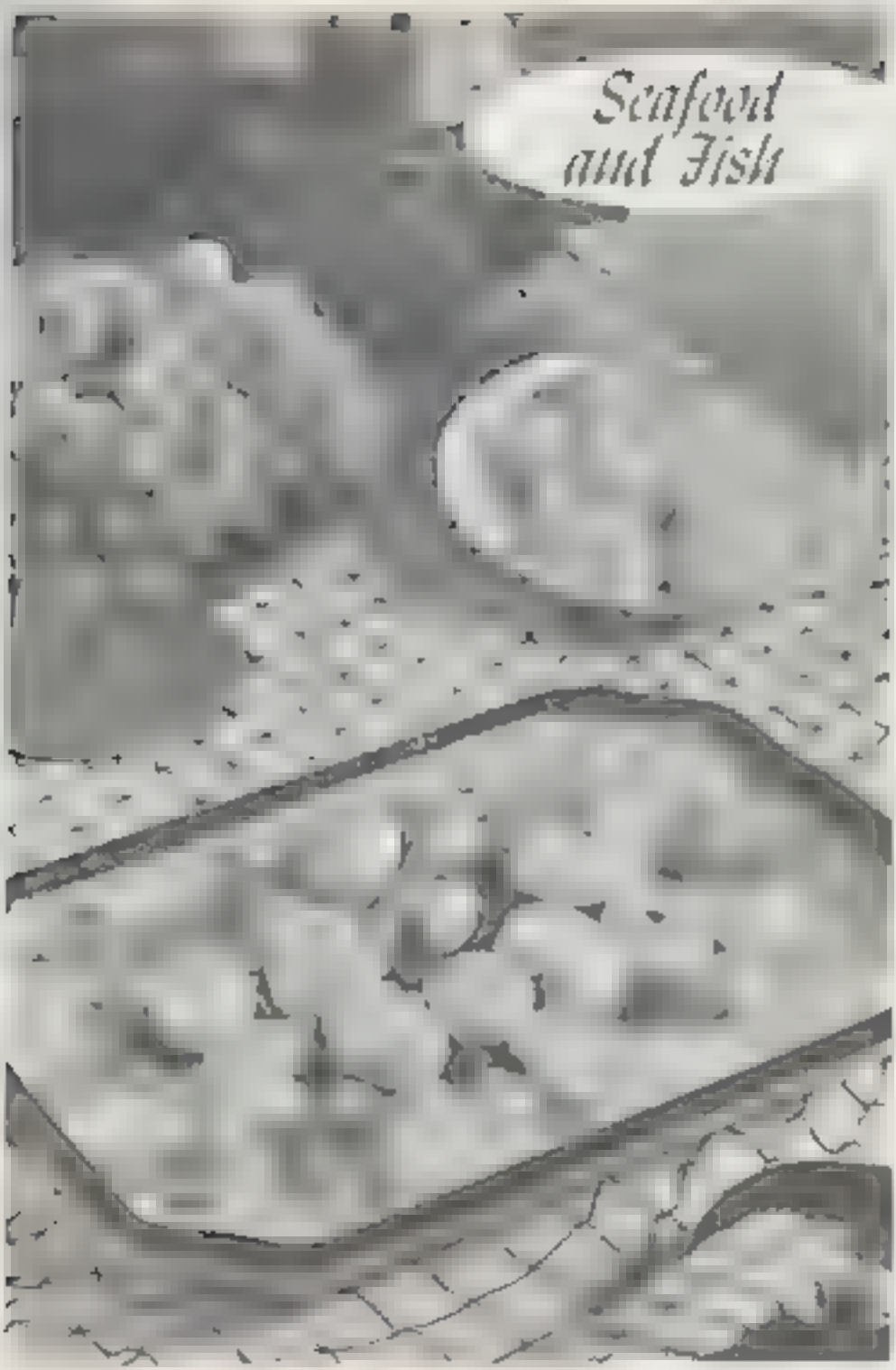
VENISON POT ROAST

GREEN MOUNTAIN VENISON STEW

STEWED VENISON

VENISON SUPREME





RECIPE FOR SCALLOPS WITH GRAPES ON PAGE 69

LOBSTER CHEESE CASSEROLE

DEVILED LOBSTER

LOBSTER HORS D OEUVRES MOLD

Mrs. Edwin L. Bramley, State Pres.
Ga. Gen. Club Fed. of Massachusetts
Andover, Mass.

LOBSTER CASSEROLE

LOBSTER NEWBURG

[illegible]

Combine all ingredients, place in buttered baking dish. Cover with additional buttered [illegible]

Mrs. Bertrand Eugley, Wife
OES. Beach Chap. No. 21, Lincolnville, Me

MAINE BAKED STUFFED LOBSTER

[illegible]

Wife of Governor, Augusta, Me.

QUICK LOBSTER CASSEROLE

can cream of mushroom soup
sour can white wine
[illegible]
4 oz. pkg. frozen lobster meat, cubed

Combine soup, wine, che[illegible]
Add to top of double bo[illegible]

SCALLOPED LOBSTER

[illegible] lobster meat
[illegible] melted butter
[illegible]
[illegible] pepper
[illegible] onion
[illegible]
[illegible] tsp. mustard
[illegible]

MAINE LOBSTER THERM DOR

[illegible]

Esther R, Warren, Wife
OES. Tuscan Chap. No. 148, Bangor

MUSSELS A LA TRAINA

4 qt. mussels, cleaned
[illegible]
[illegible] cloves of garlic
[illegible]
[illegible]
[illegible] tsp. coarse ground black pepper

[illegible]

BAKED OYSTERS

[illegible]

OVEN-FRIED OYSTERS

1 dozen oysters
1 c. flour
1 tsp. salt
¼ tsp. pepper
1 egg, slightly beaten
Bread c. crumbs
Salad oil

[illegible]

Mrs. Jean Blaisdell, Sec
Washington Memorial Lodge, Hardwood, Vt

SCALLOPED OYSTERS

[illegible]

STUFFED QUAHAUGS

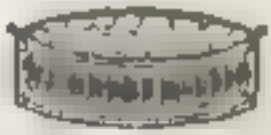
12 qt. quahaugs
2 [illegible] water
8 [illegible] crushed [illegible] crumbled
[illegible]
2 tsp. butter
[illegible] salt
Black and red pepper to taste

[illegible]

Mrs. Lenore C. Jones, VP
Barnstable Unitarian Church

BAKED SCALLOPS

[illegible]



SCALLOPS A LA AGNES

qt. scallops
c. dry white wine
med. onion, chopped
4 [illegible]
[illegible]

SCALLOPS WITH GRAPES

[illegible]

SCALLOPED SCALLOPS

[illegible] chopped

[illegible] chopped

[illegible]

LOUISIANA SHRIMP

[illegible] sliced onion

[illegible]

[illegible] Worcestershire sauce

[illegible]

[illegible] catsup

[illegible]

[illegible] butter

[illegible]

SHERRY SHRIMP CASSEROLE

[illegible]

½ c. chopped celery

1 [illegible] oz. can ... shrimp

1 can frozen shrimp soup, thawed

½ c. milk

½ c. [illegible]

½ c. [illegible]

[illegible]

Mrs. Clyde R. Campbell, Pres.
Woman's Club, Dover, N.H.

SHRIMP COCKTAIL

[illegible] sauce

[illegible]

[illegible] radish

[illegible]

[illegible] Worcestershire sauce

[illegible]

4 sprigs parsley

[illegible] onion

3 to 4 peppercorns

2 lb. shrimp

[illegible]

CREAMED FINNAN HADDIE

[illegible]
[illegible]
[illegible]
1 tbsp. chopped parsley
Pepper

[illegible]

FINNAN HADDIE WITH GLOUCESTER POTATOES

[illegible]
[illegible]
[illegible]
[illegible]
Milk

Bake potatoes; cut a slice from the top [illegible]

[illegible] Chab, East Tilton, [illegible]

HADDOCK DELIGHT

[illegible] haddock fillets
[illegible]
[illegible] cans frozen cream of shrimp soup
Cooked shrimp
Bread crumbs

[illegible]

LOUIE ANA BAKED SNAPPER

[illegible] whole red snapper
Salt
[illegible] melted butter
[illegible] Tabasco sauce

[illegible]

[illegible]

FISH PIE

[illegible]
2 tbsp. [illegible]
[illegible] cooked
Salt to taste
[illegible] sauce
[illegible] cooked
4 hard-cooked eggs, sliced
Potatoes, [illegible]

[illegible]

SEAFOOD NEWBURG

[illegible]
[illegible]
[illegible]
2 tbsp. [illegible]
[illegible]
[illegible] chopped
[illegible]

[illegible]

NEPTUNE
[illegible] cooked tomato sauce
[illegible]
[illegible] sauce
[illegible]
[illegible]
[illegible] and [illegible]
Lemon slices

[illegible]

[illegible]

SHRIMP BAKED HADDOCK

2 lb haddock fillets, cut in serving pieces
Pepper
[illegible]
Dash butter

[illegible]

Mrs. Mary O. Rose, Pres.
WCTU Aux. Post No. 9006, Long Island, Me

FISH SOUFFLE

[illegible] lb
½ cup dry bread crumbs
Butter
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
Tsp. salt

Clean milk, bread crumbs and butter in double

[illegible]

EVERYDAY SALMON CASSEROLE

[illegible]

[illegible]

SALMON CROQUETTES

[illegible] can salmon
[illegible]
[illegible] bread crumbs, [illegible]
[illegible]
1 egg, beaten
½ c. milk
Cracker crumbs

[illegible]

Elizabeth Hazlett, WM
163, Milford Chap. No. 198, Delaware

SALMON CUTLETS

1 lge. can salmon
2 c. mashed potatoes
2 eggs
1½ tsp. salt
¼ tsp. pepper
Fine bread crumbs

[illegible]

[illegible] Roll in crumbs
Fry at 385 degrees 4 to 5 minutes
4 servings.

SALMON AND CHEESE LOAF

[illegible]

[illegible]

SALMON LOAF

[illegible] salmon
2 [illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

SALMON LOAF

chopped onion

Pres.
Ladies Aid Soc., N.H.

SALMON LOAF

Pilgrim Daughters, Lincoln, Me

SALMON LOAF WITH SAUCE

bread crumbs
milk

Combine ingredients; mold in 5 x 9 x 3-inch pan lined with foil. Bake at 350 degrees 1 hour. Place loaf on platter; cover with

SAUCE

Stir constantly until mixture is thick. Add peas; cook for 10 minutes. Yield: 6 servings.

Mrs. Marjorie C. Blaisdell, Pres. WSCS, Franklin, Me.

TUNA CASSEROLE

uncovered, at 3
12 servings.

TUNA-TATO BAKE

1/2 cup cheese; sprinkle over top of casser

TUNA LOAF

tuna, drained
milk

Mrs. Harold B. Carlson, Pres. Cong. Church Women's League, Alton, N.H.

Casseroles



RECIPE FOR HEARTY HAM N' LENTIL BAKE ON PAGE 54

BEEF CASSEROLE

CHUCK WAGON CASSERO E

GRANDMOTHER ELLIO'S BEEFSTEAK PIE

MEAT CASSEROLE WITH B SCU T TOPPING

MEAT AND NOODLE CASSEROLE

PICNIC BEEF STEW

[illegible]

... with [illegible] Bake at 400 de[illegible] ... [illegible] Yield: [illegible]

Mrs. [illegible] Wentworth(?), [illegible]
[illegible] Valley Women[illegible], [illegible], N.H.

BEEF AND BEAN CASSEROLE

[illegible]
c. diced green pepper
c. minced onion
c. diced celery
[illegible]
[illegible] garlic, crushed
[illegible]
tsp. mustard
[illegible]

BEEF AND VEGETABLE CASSEROLE

[illegible]

Combine all ingredients, place in buttered [illegible]

Elva Hutchins(?), Oxford Co. Ext., Dixfield(?), Me.

BEEF CASSEROLE

[illegible]

[illegible] Club, [illegible], Me.



CABBAGE CASSEROLE

[illegible]

Mrs. Barbara Dud, Pres.
Hi-Chap... Fort Fairfield, Me

Church Aid, Amherst, Me

MEATY HAMBURGER CASSEROLE

Bake at

Florence C. Armstrong, Pres.
Meth. WSCS, Mayfield, Me

MEAT BALL AND VEGETABLE CASSEROLE

1½ lb. ground beef
1 tsp. salt
3 carrots, halved
5 sm. onions

AMERICAN CHOP SUEY

1 pkg. macaroni
1 lb. hamburger

cover with crackers
400 degrees for 1 hour

BEEF MACARONI CASSEROLE

1 tbsp. salad oil
1 c. sliced mushrooms

COMPANY CASSEROLE

ITALIAN CASSEROLE

LASAGNA

MEAT CHEESE CASSEROLE

ROMAN HOLIDAY CASSEROLE

Est., New Vineyard, Me.

SPAGHETTI AND CABBAGE

[illegible]

Ruben Eberhard, Pres.
Capital Jaycee-W's, Montpelier, Vt.

THE DISH

[illegible]

BEEFBROCK PIE

[illegible]

CORNY BEEF PIE

1½ lb. ground beef
[illegible]
chopped green pepper
17 oz. can whole kernel corn
tsp. salt
tsp. sugar
to 3 tsp. chili powder
pkg. corn muffin mix

Mrs. Charles Blackfield, Pres.
[illegible] Mount Vernon, Pres.

SHEPHERD PIE

[illegible]

PORK HARVEST CASSEROLE

[illegible]

HAM AND CHEESE POTATO BAKE

6 cups potatoes, thinly sliced
4 to 6 slices ham
1 cup onion, thinly sliced
1 can cream of chicken soup
1 cup milk

30 minutes. Reduce heat to 325 degrees. Bake for 1 hour longer. Yield: 8 servings.

Mrs. Richard Keller, Pres.
Ladies of St. Mark's, Burlington, Vt.

BAKED HAM CASSEROLE

potatoes, top with ham. ham. Bake at 300

Mrs. Alfred H. Heyrau, Pastor's Wife
First Bapt. Church, Southington, Conn.



CHURCH SUPPER CASSEROLE

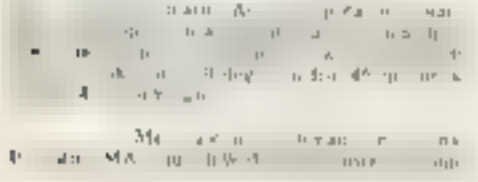
1 c. sliced mushrooms
2 c. sliced ham
1 c. milk

HAM CASSEROLE

1 cup cream of mushroom soup

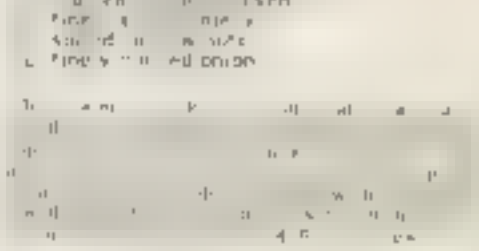
AUTUMN NIGHT SUPPER

[illegible]



CHICKEN-PEA BAKE

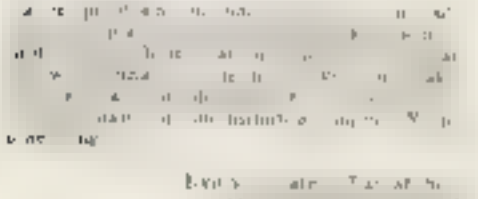
[illegible]



Mrs. Arvid Nelsen, Charter Pres.
Sally Mac Garden Club, Hampton, N.H.

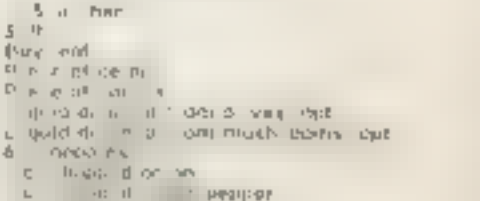
MEAL IN ONE CASSEROLE

[illegible]



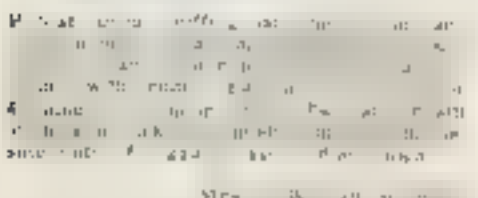
COMPANY CASSEROLE

[illegible]



BUSY-DAY CASSEROLE

[illegible]



CALIFORNIA CHICKEN

[illegible]
[illegible]
[illegible]

[illegible]

[illegible]
can tuna, flaked
1 No. 303 can peas, drained
Bread crumbs

[illegible]

Mrs. Josephine Page, Past Dept.
VFW Aux., Kittery, Me.

CORN ONE DISH MEAL

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
Butter and pepper

[illegible]

[illegible]



FRANKFURTERS AND POTATO CASSEROLE

6 frankfurters, sliced
6 med. potatoes, sliced
[illegible]
Salt and pepper
Milk

Arrange layers of frankfurters and potatoes

[illegible]

[illegible]

QUICK SUPPER CASSEROLE

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
Bread crumbs

[illegible]

Mrs. Clifford Abernathy, Pres.
Berlin Comp. Ladies Auxiliary

ONE DISH MEAL

can luncheon meat, sliced
can cream-style corn
Mashed potatoes

[illegible]

Marion Rempel, WM
OES Victorian Star Chap.

CHEESE AND HAM CASSEROLE

QUICK AND EASY GOULASH

QUICK CASSEROLE



Salads and Soups



RECIPE FOR CHICKEN SALAD ON PAGE 90

HAM CHEESE, GREEN PEPPER SALAD

[illegible]

[illegible]

Helen H. Andrews, Asst.

[illegible]

[illegible]

Woman's Club, Effingham, N.H.



CHICKEN SALAD

[illegible]

HOT CHICKEN SALAD

[illegible]

Mrs. Edward G. Bradley
Leyden Cong. Church, Brookline, Mass.

MOLDED CHICKEN

[illegible]

Mrs. Guy R. Spears, Past Pres.

CHICKEN MOUSSE

[illegible]

CHICKEN SALAD ROYALE

cooked chicken

Mrs. [illegible] Nelson, Past Pres.

MOLDED CRANBERRY CHICKEN SALAD

Mayonnaise

BAKED SEAFOOD SALAD

CRAB MACARONI SALAD

lemon sections

Yield 8 servings

CRAB MEAT MOUSSE

SEAFOOD BISQUE

[illegible]

Wife of Governor [illegible]
Montpelier, Vt.

NEW HAMPSHIRE GOULASH

[illegible]

blend flavors. Heat [illegible] sour cream just [illegible]

Mrs. Tom Mcintyre
Wife of U. S. Senator from New Hampshire

I AN CHOWDER

[illegible]



GOULASH

1 lb beef, cubed
½ lb pork cubed
1 qt onion sliced
2 tbsp shortening
[illegible]
Flour
[illegible]
[illegible]

COMPANY SOUP

[illegible]

(Continued on next page)

[illegible]

Mrs. S. J. [illegible], Pres.
Plymouth Med. Soc. Aux., Brockton, Mass.

HAMBURGER VEGETABLE SOUP

[illegible]

HEARTY HAMBURGER SOUP

[illegible]

Saute onion in oil until transparent but not brown. Add ground beef [illegible]
Add remaining ingredients [illegible]

Beverly H. Wallace, Pres.
[illegible] Bellows Falls, Vt.

HEARTY VEGETABLE AND BEEF SOUP

1 ½ lb. stewing beef
onion, minced
[illegible]

[illegible]

HURRY UP SOUP

[illegible]

Mrs. Ralph Kelley, [illegible]
[illegible] Club, Bangor, Me.

OLD FASHIONED CHICKEN SOUP

[illegible]

Place [illegible]
Add [illegible]
and [illegible]
[illegible]

BARBECUED STEW BEEF

[illegible]

VEGETABLE BEEF SOUP

BEAN POT STEW

BEEF STEW

DUBLIN STEW WITH PIMENTO DUMPLINGS

Mrs. Cynthia B. [illegible], Advisory Editor
Dept. of Home Economics, Nasson College
Springvale, Me.

GERMAN STEW

[illegible]

Mrs. Warren Arnold, Pres.
WHI Home Mission Soc. [illegible], Me.

LOBSTER STEW

[illegible]

Add cream; bring to a boil. Add [illegible]

Mrs. Leslie A. W[illegible], Pres.
League of Women Voters, Rockland, Me.

HAMBURGER STEW

[illegible]

[illegible] R. Kirkpatrick, WM [illegible]



OLD FASHIONED BEEF STEW

Salt and pepper

[illegible]

LAZY DAY STEW

[illegible]

MOTHER'S OVEN STEW

[illegible] lbs. beef, cubed
Flour
Salt
[illegible] monosodium glutamate
Pepper
[illegible] potatoes, [illegible]
[illegible]
Water or [illegible]

[illegible] more liquid as [illegible]

[illegible]

TOMATO-BEEF STEW

[illegible] lbs. stew beef
[illegible] tbsp. shortening
[illegible]
[illegible] pieces
[illegible]
[illegible]
[illegible]
[illegible] water

[illegible]

[illegible]

QUICKIE BEEF STEW

[illegible] stew [illegible] cut in small pieces
[illegible] tbsp. [illegible]
[illegible] catsup
No. [illegible] can [illegible] tomatoes

[illegible]

Mrs. Frank A. Griffin, Pres. [illegible] Guild, Franconia, N.H.

TOMATO-BEEF STEW

[illegible] lbs. stew meat
[illegible] butter
[illegible] salt
[illegible]
[illegible]
[illegible] cubed
[illegible]
[illegible]
No. [illegible] can [illegible]
[illegible]
[illegible] sauce
[illegible] water

[illegible] juice to vegetable mixture [illegible] hours. Yield: 6 servings.

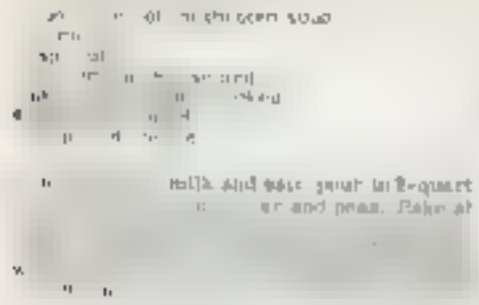
[illegible]





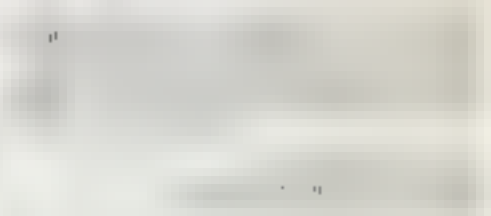
RECIPE FOR CHICKEN A LA KING WITH FRESH GRAPES ON PAGE 03

BAKED HAMBURGER PUFF

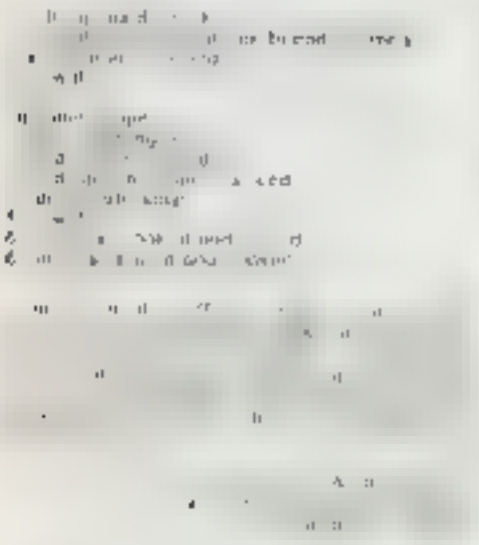


GOULASH

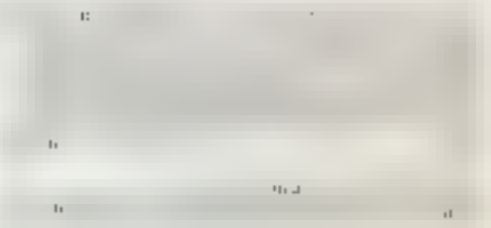
½ lb elbow macaroni
½ lge onion, chopped
1 lb hamburger
Shortening



CHUCK-A-LUCK

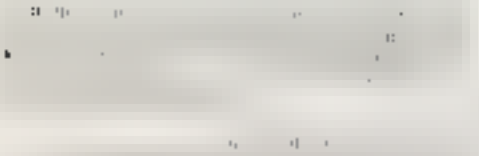


MEAT BALL DOUGH APPETIZERS

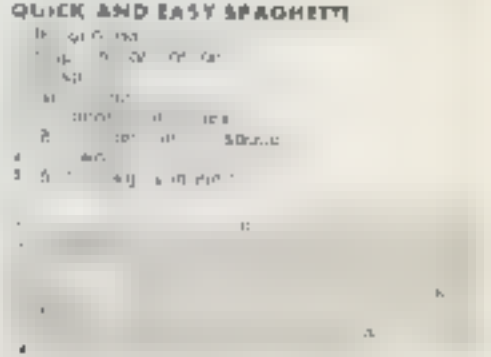


HAMBURGER BARBECUE

lb ground chuck
am tomato catsup
10 to 15 grains of allspice



QUICK AND EASY SPAGHETTI



ONE DISH BARBECUE

[illegible]

RICE PILAU SUPREME

[illegible]

Saute onion, celery and green pepper in oil [illegible]

SAVORY SANDWICH BAKE

[illegible]

RED FLANNEL HASH

[illegible]

Margaret R. Snyder, Pres.
Boe Kary Club, Joachim Center, Va.

HAM AND CHEESE BAKE

[illegible]

SPANISH BEEF RICE

HAM ROLL-UPS

Gladys P. Burns
Unitarian Universalist Church Daisy Guild

MEAT CHOW MEIN

MOTHER'S HAM SOUFFLE

STUFFED HAM SLICES

RED FLANNEL HASH

CHOP SUEY

UPSIDE DOWN HAM LOAF



CHICKEN A LA KING WITH FRESH GRAPES

LEFT-OVER CHICKEN CASSEROLE

TURKEY CREOLE

[illegible] diced onion
2 tbsp. [illegible] green pepper
[illegible] parsley
3 tbsp. [illegible]
[illegible] tomatoes
[illegible] salt
[illegible]
[illegible] diced cooked turkey
[illegible]
[illegible]
Salt and pepper

[illegible] before serving. Yield: [illegible] servings.

[illegible]

Sandwiches

MEAT-EGG SANDWICH FILLING

2 c. chopped cooked meat
[illegible]
4 hard-cooked eggs, chopped
[illegible]
[illegible] dressing
[illegible]

[illegible] blend well. Spread on [illegible]. Yield: 6 servings.

[illegible] Marie E. [illegible]
[illegible], Me.

BARBECUED HAMBURGER

[illegible]
[illegible]
[illegible] Worcestershire sauce
[illegible]

[illegible]

Mrs. Bernie [illegible], Pres.
[illegible]

BARBECUED HOT DOGS

[illegible]
[illegible] onion
[illegible]
[illegible]
[illegible]
[illegible] mustard
[illegible] Worcestershire sauce
[illegible]
2 tbsp. [illegible]
6 or 8 wieners, split

Saute onion in oil; add remaining ingredients except wieners. Arrange wieners in baking dish, pour sauce over wieners. Bake at 350 degrees for 30 minutes. Yield: 6-8 servings.

[illegible]

BEEFBURGERS

5 lb. hamburger
[illegible]
[illegible]
[illegible]
[illegible]
[illegible] chopped
[illegible] hamburger buns

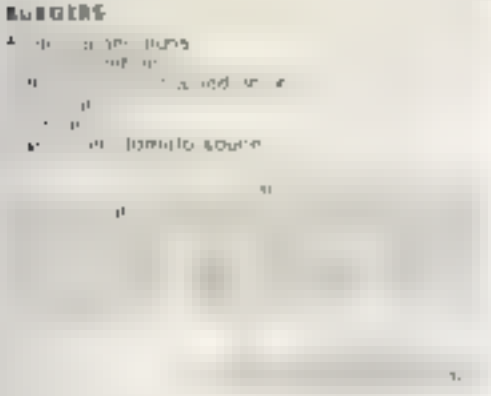
[illegible]

FRANKFURTER SCRAMBLE

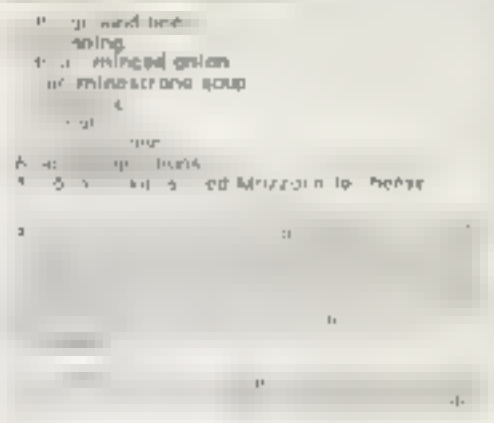
2 tbsp. cooking oil or margarine
[illegible] onion, sliced
[illegible] green peppers
4 wieners, sliced
4 eggs, beaten
[illegible] milk
Salt and pepper

[illegible]

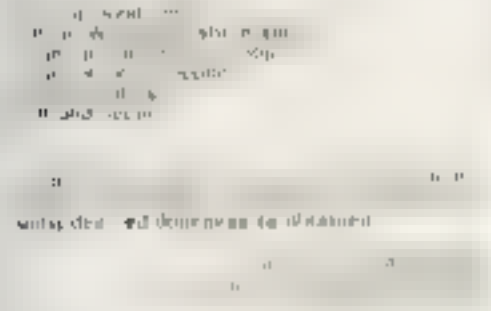
BURGERS



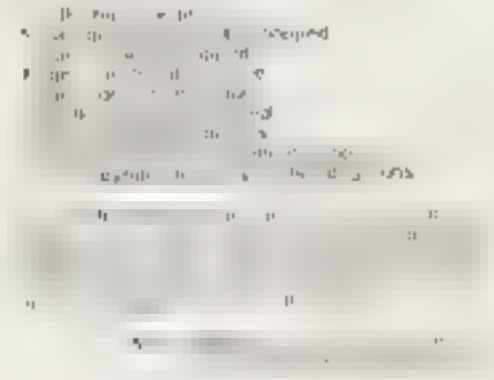
ITALIAN HAMBURGERS



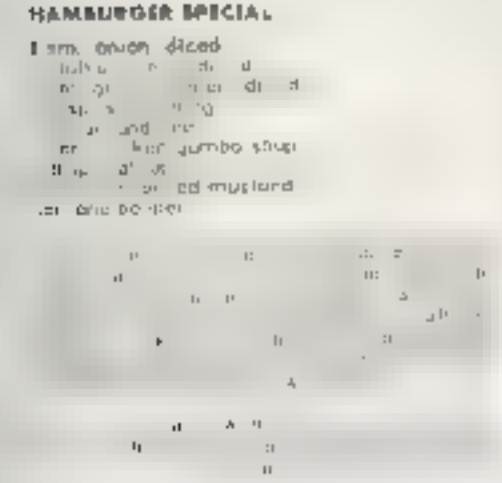
HAMBURGER ON BUNS



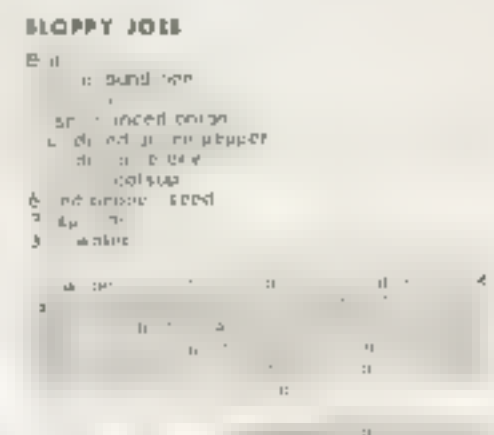
RHODE ISLAND DYNAMITES



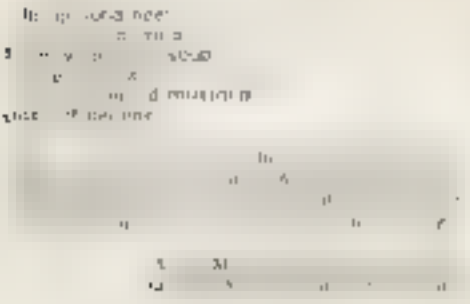
HAMBURGER SPECIAL



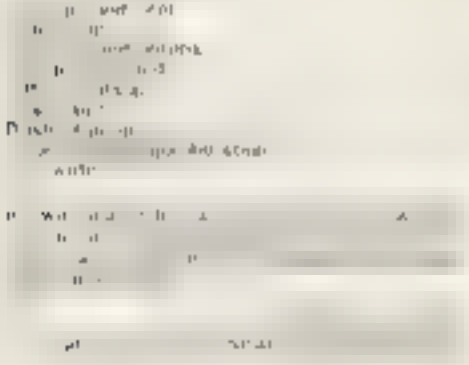
SLOPPY JOES



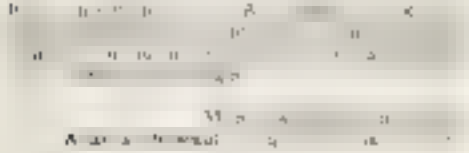
SOUPER BURGERS



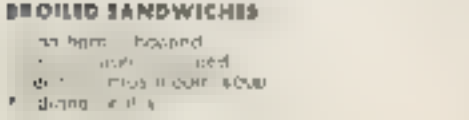
SPOONBURGERS

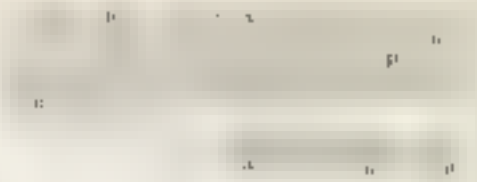


SATURDAY NIGHT SPREAD

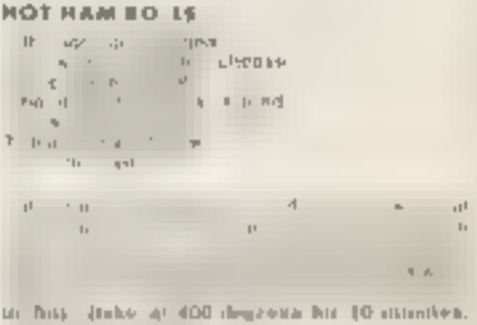


BROILED SANDWICHES



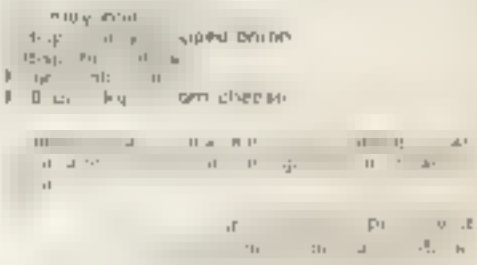


HOT HAM BO LS

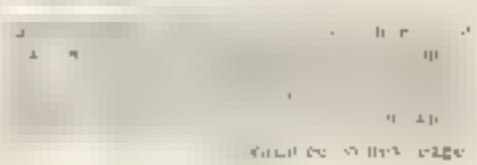


Mrs. Ralph Sullivan Sr. From
Land O'Lakes Garden Club
North Windham, Me.

CRAB MEAT FILLING



OPEN BROILED LOBSTER SANDWICH



Arrange on plate with toast points and ...

H. Turner ... Alumni ... Club, Portland, Maine

SARDINE EGG SANDWICH FILLING

1 can sardines, drained
2 hard-cooked eggs, chopped

TUNA AND COTTAGE CHEESE SANDWICHES

TUNA PUFF SANDWICHES

... shredded cheese

...rrison Lynch PTA, Portland,

DEVILED HAM AND EGG SALAD

EGG-CHEESE-DEVILED-HAM BURGERS

BROILED LUNCHEON MEAT

LUNCHEON MEAT AND PICKLE SPREAD

... can luncheon meat, ground
... ground
... salad dressing

Mrs. Mattie G. Marchfield, Pres.

LUNCHEON MEAT SPREAD

PTA SPECIAL SANDWICHES

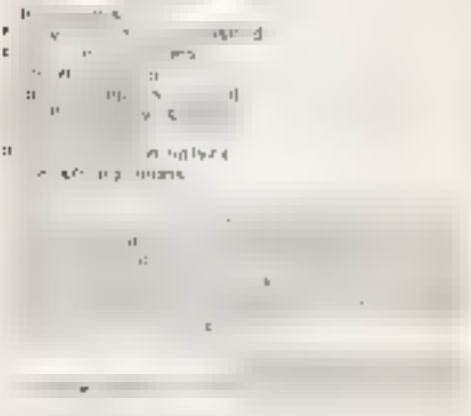


Foreign Favorites

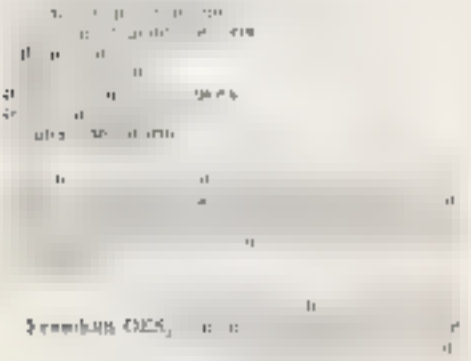


RECIPE FOR TOSTADOS WITH CHICKEN (SPAIN) ON PAGE 113

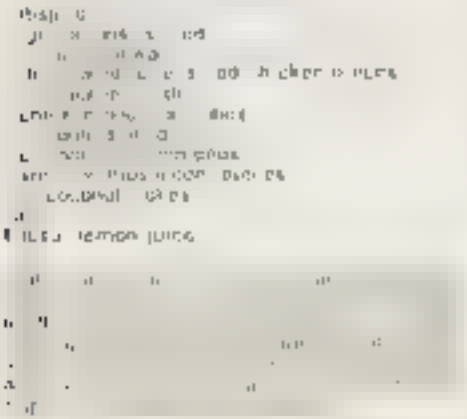
ROAST LAMB (GREECE)



BAKED RICE (HAWAII)



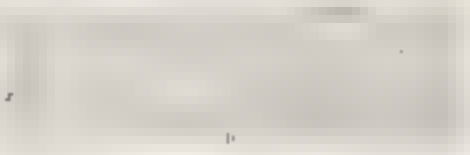
CHICKEN CURRY (INDIA



YWCA, New Bedford, Mass.

CHICKEN CURRY (INDIA)

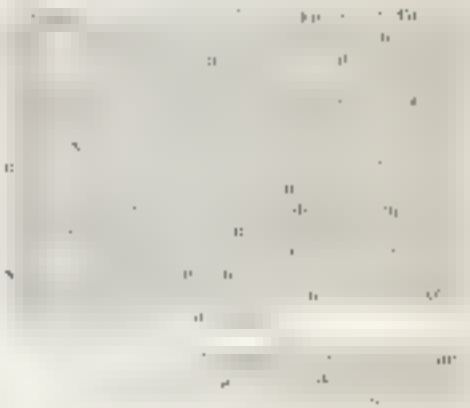
1 fryer, cut up
Water
2 lge. onions, chopped
2 cloves of garlic, minced
2 tbsp. oil
2 tbsp. oil spice
Salt
Red pepper
2 lge. tomatoes, sliced
1 c. green peas



Robert H. Hewson Prep.
Meth. World, Brandon, Vt.

CAPPELLETTI A LA MODENA (ITALY

7 eggs
4 c. flour
1 lb. veal
lb. pork
lb. chuck
½ sm. onion, sliced



CASSEROLE (ITALY

Mrs. Paul Revere

POT ROAST (ITALY)

Mrs. Lorna Leone, Advisor and Historian
Crosby School PTA, Arlington, Mass.

SUKIYAKI (JAPAN)

Nancy Jappelt, Press
Jaycee Wives, Kenai Juneau

FARIKAL (NORWAY)

CRANBERRIED APPLE HALVES

4 unpared red apples, halved
1 c. white corn syrup
[illegible]

[illegible]

CRANBERRY ORANGE RELISH

[illegible]

CURRIED FRUIT

[illegible]

GRAPEFRUIT RELISH

[illegible] grapefruit sections
[illegible] vinegar
[illegible] sugar
[illegible]
[illegible] ginger

[illegible] Serve with cold meat or poultry. [illegible] servings.

[illegible]

GREAT GRANDMOTHER JUDKIN'S MINCEMEAT

[illegible]
1 tbsp. salt
1 c. molasses
[illegible] c. beef stock
[illegible] tsp. mace
[illegible] tsp. cinnamon
[illegible] tsp. cloves
[illegible] tsp. allspice
[illegible]

[illegible]

MINCEMEAT

[illegible]

[illegible]

MEAT SAUCE

[illegible] chopped
[illegible] chopped
[illegible]
[illegible] tbsp. nutmeg

Combine all [illegible]

[illegible]

POTATO DUMPLINGS

[illegible] potatoes
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

TASTY PEPPER RELISH

[illegible] and peppers [illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

TOMATO RELISH

[illegible] pounds tomatoes
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

BARBECUE SAUCE

[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

BARBECUE SAUCE

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

[illegible]
[illegible]

BARBECUE SAUCE FOR CHICKEN

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

[illegible]

DUCK ORANGE SAUCE

[illegible] added orange rind
[illegible]
[illegible]
[illegible]
[illegible]
Salt and pepper

[illegible]

[illegible]

MARINADE SAUCE

[illegible] salad oil
[illegible] soy sauce
[illegible] Worcestershire sauce
[illegible] tsp. salt
[illegible] tbsp. pepper
[illegible] c. vinegar
[illegible] cloves of garlic, crushed
[illegible] c. lemon juice

[illegible]

[illegible]

MUSTARD

2 tsp. dry mustard
½ c. vinegar
1 tbsp. sugar
Pinch of salt
½ tsp. cornstarch
2 egg yolks
[illegible] c. butter

[illegible]

Mrs. Irene H. Small, Co. Foods Leader
[illegible] Co. Ext. [illegible]
[illegible], N.

PASTE FOR BAKED HAM

[illegible] dry mustard
[illegible]
[illegible] sugar
[illegible]
[illegible]

Combine all ingredients except vinegar and [illegible]. Wet ham with vinegar; spread [illegible] [illegible] ham.

[illegible]

SAUCE FOR BAKED HAM

Whole cloves
4 tbsp. [illegible] mustard
[illegible] vinegar
1 tsp. Worcestershire sauce
[illegible]
[illegible]
Prepared mustard

[illegible]

[illegible]

SPICY HAM SAUCE

[illegible]

[illegible]

Iola E. Oliver
Cong. Church Rising Star Cir.
Carroll, Ne.

TARTAR SAUCE

[illegible]
4 [illegible]
4 [illegible]
4 [illegible]
8 tbsp. [illegible]

Combine all ingredients. Yield: 1 pint.

Mrs. Victoria Braman, Pres.
HDW Club, Buzzards Bay, Mass.

DRY BREAD STUFFING

[illegible] bread [illegible]
[illegible]
[illegible] poultry seasoning
[illegible]
[illegible]
[illegible]
[illegible] drippings

Combine all ingredients; use as stuffing for poultry. Yield: 8 servings.

[illegible]

GIBLET DRESSING

8 to 10 slices bread, toasted and crumbled
[illegible]
[illegible] seasoning
[illegible]
[illegible] onion
[illegible] diced
Giblets, cooked and ground
[illegible]
1 egg, beaten

[illegible]

[illegible]

OYSTER RICE DRESSING

[illegible]

Saute garlic, celery and onion [illegible] [illegible]; cook until [illegible] [illegible] remaining ingredients; [illegible]

[illegible]

LEMON CHICKEN

[illegible]

BARBECUED CHUCK STEAK

[illegible]

PATIO BROILED CHICKEN

[illegible]

HAMBURGERS TERIYAKI

[illegible] ground chuck
[illegible]
[illegible] monosodium glutamate
[illegible]
[illegible]
[illegible]
1 Tbsp. catsup
Sliced green onions

Combine chuck, salt, pepper and monosodium glutamate [illegible]

[illegible]

SHISH KABOBS

[illegible] pkg. dry onion soup mix
[illegible]

[illegible]

ABBREVIATIONS OF ORGANIZATIONS AND OFFICERS

AAUW . . . American Association of University Women

AmW Assn . . . American Business Women's Association

Act . . . Activities Chairman

Ad . . . Advisory Director

Assn. . . . Association

Asst . . . Assistant

Aux . . . Auxiliary

BPW . . . Business and Professional Women

Bapt . . . Baptist

Bus . . . Business

Chmn . . . Chairman

Cong. . . . Congregational, Congregation

Cor. Sec . . . Corresponding Secretary

CWF . . . Christian Women's Fellowship

DAR . . . Daughters of the American Revolution

Dist Dir . . . District Director

Ext . . . Extension

E and R . . . Evangelical and Reformed Church

EUB . . . Evangelical United Brethren Church

Fship . . . Fellowship

HDC . . . Home Demonstration Club

HD Council . . . Home Demonstration Council

Heb. . . . Hebrew

Hosp . . . Hospital

Jr . . . Junior

LDS . . . Latter Day Saints

LWML . . . Lutheran Women's Missionary League

LWV . . . League of Women Voters

Lit. . . . Literary

MM . . . Married Member

Membsp. . . . Membership

Med. . . . Medical

Meth. . . . Methodist

Missy . . . Missionary

OES . . . Order of the Eastern Star

PM . . . Past Matron

PNG . . . Past Noble Grand

Pres. . . . President

Prin. . . . Principal

PRM . . . Past Royal Matron

PTA . . . Parent-Teacher Association

PTO . . . Parent-Teacher Organization

Rec. . . . Recorder

Rec. Sec. . . . Recording Secretary

Reg. . . . Regent

RNA . . . Royal Neighbors of America

Sec . . . Secretary

Schoolmo . . . Schoolmate

Soc . . . Society

Sod . . . Sodality

Sor. . . . Sorority

Sr . . . Senior

Treas . . . Treasurer

UDC . . . United Daughters of Confederacy

VFW . . . Veterans of Foreign Wars

VG . . . Vice Grand

VP . . . Vice President

WHP . . . Worthy High Priestess

WMC . . . Women's Missionary Council

WMF . . . Woman's Missionary Fellowship

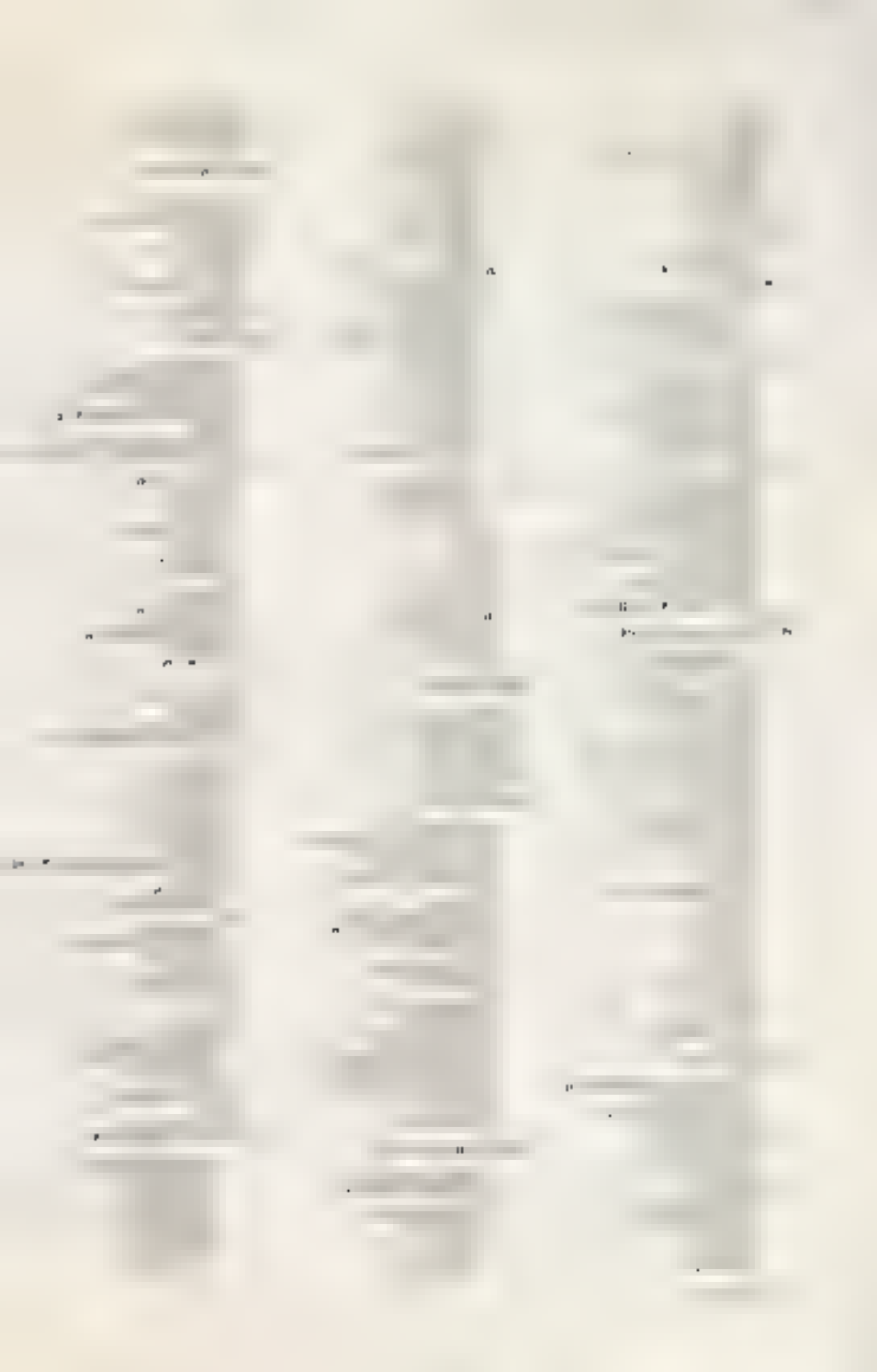
WMS . . . Woman's Missionary Society

WMU . . . Woman's Missionary Union

WSCS . . . Woman's Society of Christian Service

WSWS . . . Woman's Society of World Service

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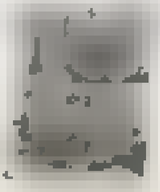
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RECIPE FOR HONEY CRUNCH HAM ON PAGE 37

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